

Trinity Broadcasting Network

Quarterly Report

January, February, March 2024

KNMT

Portland, OR

Pacific Time

Leading Community Issues

The issues are comprised from ascertainties from civic leaders, telephone calls and responses from TBN viewers, and/or a review of print, broadcast, and online media.

Civic

Crime

Economy

Health / Mental Health

Immigration

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

March 31, 2024

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Eric Metaxas Show #193	23:59	9:00	REC	PA/O/E	02/16/2024	3:00 PM
					02/18/2024	7:00 PM

Today on the Eric Metaxas Show: Johnnie Moore, President of Congress of Christian Leaders, gives us a sense of where things are currently in Israel. He tells us the situation is far worse than anything we've seen and expresses the need for Israel to succeed in this war and the importance for Christians to stand with Israel. Johnnie tells us that we are living in the most dangerous time since World War II and it comes down to leadership and the ability to see right and wrong, good, and evil.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Huckabee #335	50:30	7:00	REC	PA/O/E	03/02/2024	5:00 PM
					03/02/2024	8:00 PM
					03/03/2024	6:00 PM

Tonight on Huckabee: Heather Johnston, Founder and CEO of U.S. Israel Education Association (USIEA), a nonpartisan program, talks about how it advances dialogue and cooperation between senior U.S. officials and Israel. Since 2011, she's led tours throughout the nation of Israel and connected world leaders and decision makers to help promote and improve defense, security, economic prosperity, and most importantly, peace in the region.

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Jay Sekulow Live #725	24:00	24:00	REC	PA/O/E	01/23/2024	10:00 PM

Today on Jay Sekulow Live: Jay Sekulow, Chief Counsel at ACLJ, Logan Sekulow, Director of Media at ACLJ, and Richard A. Grenell, Senior Advisor for National Security and Foreign Policy at ACLJ, discuss shocking new FBI and IRS targeting that has been uncovered.

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Jay Sekulow Live #739	24:32	24:32	REC	PA/O/E	02/06/2024	10:00 PM

Today on Jay Sekulow Live: Jay Sekulow, Chief Counsel at ACLJ, Logan Sekulow, Director of Media at ACLJ, CeCe Heil, Senior Counsel at ACLJ, Harry G. Hutchison, Senior Counsel and Director of Policy at ACLJ, Chris Mitchell, Middle East Bureau Chief at CBN, discuss the ACLJ defending Israel.

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Jay Sekulow Live #740	25:25	25:25	REC	PA/O/E	02/13/2024	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Richard A. Grenell, Senior Advisor for National Security and Foreign Policy at ACLJ, Mike Pompeo, Senior Counsel for Global Affairs at ACLJ, and CeCe Heil, Senior Counsel at ACLJ, discuss the U.S. troops killed by an Iran backed drone attack in Jordan.

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Civic

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Jay Sekulow Live #741	25:36	25:36	REC	PA/O/E	02/20/2024	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, Andy Ekonomou, Senior Counsel at ACLJ, and Harry G. Hutchison, Senior Counsel and Director of Policy at ACLJ, discuss Trump's presidential immunity that was struck down by the Court of Appeals.

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Jay Sekulow Live #742	25:36	25:36	REC	PA/O/E	02/27/2024	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, CeCe Heil, Senior Council at ACLJ, Andy Ekonomou, Senior Counsel at ACLJ, Harry G. Hutchison, Senior Counsel and Director of Policy at ACLJ, give an analysis of the Supreme Court oral argument on the Trump ballot ban.

Civic

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Jay Sekulow Live #743	24:16	24:16	REC	PA/O/E	03/05/2024	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ and Logan Sekulow, Director of Media at ACLJ, discuss a preview of vice president potential picks by President Trump. Richard A. Grenell, Senior Advisor for National Security and Foreign Policy at ACLJ joins the show from CPAC to discuss Vladimir Putin and NATO. Jenny Blass, a Jewish student at SUNY and represented by ACLJ, shares her story of how she was subjected to antisemitism on campus.

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Jay Sekulow Live #744	24:58	24:58	REC	PA/O/E	03/12/2024	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, Mike Pompeo, Senior Council for Global Affairs, Former Secretary of State and CIA Director, discuss the importance of the certiorari granted by the Supreme Court in the immunity case for President Trump.

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Jay Sekulow Live #745	24:04	24:04	REC	PA/O/E	03/19/2024	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, Andy Ekonomou, Senior Counsel at ACLJ, Harry G. Hutchison, Senior Counsel at ACLJ, CeCe Heil, Senior Council at ACLJ, and Dave Williams, Chairman of Colorado GOP, in Part One, they discuss the nine to zero unanimous decision at the U.S. Supreme Court against a state, on its own initiative, to remove a candidate from running for president from their state ballot.

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Jay Sekulow Live #746	27:10	27:10	REC	PA/O/E	03/26/2024	10:00 PM

Today on Jay Sekulow Live: Jordan Sekulow, Executive Director at ACLJ, Jay Sekulow, Chief Counsel at ACLJ, Andy Ekonomou, Senior Counsel at ACLJ, Harry G. Hutchison, Senior Counsel at ACLJ, CeCe Heil, Senior Council at ACLJ, Dave Williams, Chairman of the Colorado GOP, continue Part Two of their conversation about the 9-0 decision by the Supreme Court regarding the issue: "Can a state on its own initiative remove a candidate from running for president from their state ballot?" The answer by all nine Supreme Court Justices was no, you cannot do that. This is a tremendous victory not only for President Trump but a victory for our electoral process.

Civic

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The Rosenberg Report: #240104	26:00	26:00	REC	PA/O/E	01/04/2024	6:00 PM
					01/04/2024	11:30 PM
					01/06/2024	6:00 PM
					01/06/2024	9:30 PM

Tonight on The Rosenberg Report: Come along on a delegation of evangelical Christian leaders that Lynn and I co- led just before Christmas with former Governor Mike Huckabee. We went to the Gaza border to witness first-hand the devastation of an Israeli community savaged by Hamas on October 7th. We grieve with Israeli hostage families. We prayed with Israeli and Palestinian pastors and ministry leaders. And before it was over, the governor and I sat down with Israeli Prime Minister Benjamin Netanyahu. Don't miss the delegation's reactions to what we saw and heard tonight on The Rosenberg Report.

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The Rosenberg Report: #240111	24:00	24:00	REC	PA/O/E	01/11/2024	6:00 PM
					01/11/2024	11:30 PM

Tonight on The Rosenberg Report: With just hours to go before the all-important Iowa caucuses on Monday night where winter weather advisories are in effect and temperatures are expected to be minus 13, we have an exclusive interview with Florida Governor Ron DeSantis. Does he have a snowball's chance to pull off an upset against Former President Donald Trump who seems like the prohibitive front runner? What's Desantis' closing argument especially to Iowa evangelicals? How would he be different as a commander in chief than President Biden when it comes to standing with Israel and confronting Iran, Hamas, and Hezbollah? Plus part one of my exclusive interview with Former Vice President Mike Pence, the highest-ranking Republican and highest profile evangelical to visit Israel since October 7th. All this and more tonight on The Rosenberg Report.

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The Rosenberg Report: #240118	26:15	26:15	REC	PA/O/E	01/18/2024	6:00 PM
					01/18/2024	11:30 PM
					01/20/2024	6:00 PM
					01/20/2024	9:30 PM

Tonight on The Rosenberg Report: What does Donald Trump’s blowout victory in the Iowa caucuses mean for the 2024 presidential campaign and for Israel? Will his rivals drop out? Does Trump have the nomination locked up or could major surprises lie ahead, including New Hampshire next week? Then don’t miss my full and exclusive interview with Former Vice President Mike Pence about the war with Hamas and the very real prospect that Israel’s war in Lebanon is about to expand dramatically. Plus, South Africa charges Israel with genocide before the International Criminal Court. How bad could this get and what if Israel loses? All that and more tonight on The Rosenberg Report.

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The Rosenberg Report: #240215	48:30	48:30	REC	PA/O/E	02/15/2024	6:00 PM
					02/15/2024	11:00 PM

Tonight a very special one-hour edition of The Rosenberg Report: President Biden accuses Israel of waging an over-the-top war against Hamas in Gaza. White House aides leak that Biden is furious with Netanyahu and uses obscenities to describe the Israeli leader behind closed doors. Then Biden publicly warns the IDF not to enter Rafah, the southern-most Hamas stronghold in Gaza. But Israel goes in anyway, pulling off a dramatic rescue of two hostages by Israeli special forces that brings a burst of hope to a weary and grieving nation. But Hamas still holds 134 hostages in Gaza. Where are they and can we get them back in time? Tonight, I’ll take you inside the Gaza Strip, inside Khan Yunis, where the most intense fighting of the war is raging and even inside terror tunnels, deep underneath Khan Yunis where top Hamas leaders were hiding, and Israeli hostages were held in cages just days before. All that and a conversation with former Secretary of State Mike Pompeo, who is in Israel this week. Tonight on The Rosenberg Report.

Crime

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business #TCOB-1912	28:30	28:30	LCL	PA	01/3/2024	8:30 PM
					01/5/2024	1:30 AM

It is estimated that human traffickers generate hundreds of billions of dollars each year, second only to drug trafficking as the most lucrative form of criminal activity. This episode of Taking Care of Business brings awareness and promotes prevention education as a critical strategy to fight human trafficking.

Crime

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Taking Care of Business #TCOB-1915	27:30	27:30	LCL	PA	01/10/2024	8:30 PM
					01/12/2024	1:30 AM

While the unemployment rate may be the lowest it has been in a half-century, the numbers that we are familiar with don’t always tell the full story. On this episode of Taking Care of Business, find out the difference between unemployed and underemployed. Unemployed and underemployed people often face a tough time finding a job that will support them and their families. Many are in a tough situation and how they got there is often unexpected.

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Taking Care of Business	29:00	29:00	REC	PA	03/13/2024	8:30 PM
#TCOB-1922					03/15/2024	1:30 AM

The United States has the highest incarceration rate of any nation in the world. For every 100,000 citizens, over 650 individuals are serving time in a prison or jail. In this episode of Taking Care of Business, we will explore why so many people, once they serve their time, become repeat offenders and what can be done to break the cycle of recidivism.

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Praise #240111	55:30	55:30	REC	PA/O/E	01/11/2024	5:00 PM
					01/11/2024	8:00 PM

Tonight on Praise: Sheila Walsh talks with Kevin Malone, Former General Manager of the LA Dodgers, who shares his son's journey of drugs and alcohol, near-death experience, and the miracle of his life transformation. Kevin expresses the importance of hope in Jesus and His promises, prayer, and community, during these difficult times. Pastor Francis Chan joins the conversation, and they discuss how they met. Kevin talks about how he discovered the magnitude of child sex trafficking in the United States, which is happening in every community all over the United States. Kevin tells us DOJ reported that up to 33% of all trafficked American children are little boys. Pastor Chan shares that the United States is really the consumer of all of this. Through their Advocate program resources are available for churches to educate people and to realize the scope of the problem. The Advocate Series can be downloaded and is available for free at advocateseries.com. Kevin talks about his book "Scouting the Enemy: From Running Major League Baseball Teams to Ending Child Sex Trafficking," a memoir of his journey fighting for justice and how God has shown up in his life. Pastor Chan talks about what it means to practically live a life of loving Jesus and displaying the Gospel.

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Huckabee #330	50:30	6:00	REC	PA/O/E	01/27/2024	5:00 PM
					01/27/2024	8:00 PM
					01/28/2024	6:00 PM

Tonight on Huckabee: One of Huck's Heroes, Dr. Lois Lee, Founder and President of Children of the Night, talks about rescuing child sex trafficking victims.

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Huckabee #332	50:30	9:00	REC	PA/O/E	02/10/2024	5:00 PM
					02/10/2024	8:00 PM
					02/11/2024	6:00 PM

Tonight on Huckabee: Rep. Beth Van Duyne, U.S. Congresswoman (R-TX), Member of Ways & Means Committee, Member of Small Business Committee, talks about the failure of the border bill, how crime is going up, increases in fentanyl poisonings and deaths, sex trafficking, child trafficking, DUI drivers, murders, and rapes, impacting families and happening in communities all across the country. The short-term and long-term ramifications, 85,000 minors have come into our country, and we have no idea where they've gone.

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Crime

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School Shooters: How to Stop the Madness A Dr. Phil News Special #7163	28:30	28:30	REC	PA/O/E	02/16/2024	5:00 PM
					02/16/2024	6:00 PM
					02/16/2024	7:00 PM
					02/16/2024	8:00 PM
					02/18/2024	12:00 AM
					02/23/2024	12:00 AM
					03/08/2024	7:00 PM
					03/22/2024	5:00 PM

Tonight on School Shooters: How to Stop the Madness: A Dr. Phil News Special: We're focusing on shooters, not just the shootings. Why? Because we know so much more about who is doing this, that we are using to stop the carnage. Dr. Phil is here to implement a working solution. We want to give everyone the knowledge they need to save lives. And even more importantly, you and your children are an important part of the solution. Pay attention over the next hour. You will learn how you can help prevent the next school shooting. You'll hear from experts who have identified the ten warning signs that the majority of school shooters share. Plus, learn vital information from law enforcement, government officials, educators, victims, family members, and even from a school shooter himself. Dr. Phil tells you what you need to know about the next school shooter and how you can help to stop the violence before it starts, even if the shooter is your own child. It's about prevention. For every school shooting an entire community can be left with feelings of depression, survivor's guilt, anger, anxiety, and for those impacted the most, even thoughts of suicide.

Crime

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700 Club CBN NewsWatch #03142024	52:30	4:00	REC	PA/O/E	03/14/2024	12:00 PM

CBN News Reporter Tara Mergener Reports: In the heart of the nation's capital and other major cities, a growing crisis is gripping communities and retailers alike. What once seemed like isolated incidents of shoplifting have become a full-blown epidemic of organized retail crime, leaving citizens and businesses reeling from its ramifications. Surveillance footage and viral videos expose brazen shoplifters and smash-and-grab mobs, capturing the attention of concerned citizens and law enforcement agencies alike. The scourge of theft, often accompanied by violence, has not only dented the profits of retailers but also instilled fear among consumers, leading many to avoid shopping altogether. According to David Johnson of the National Retail Federation, the scale and audacity of these crimes have reached unprecedented levels, prompting CEOs, executives, and community leaders to sound the alarm on the dangers plaguing the retail industry. However, the threat extends beyond traditional brick-and-mortar stores. A new phenomenon has emerged wherein organized criminal gangs, with ties to drug trafficking, steal merchandise only to sell it online. Homeland Security Investigations attribute this trend to syndicates with global networks, exacerbating the challenge for law enforcement agencies. Consequently, retailers are grappling with heightened aggression from thieves, with reports indicating a 90% increase in confrontational incidents compared to the previous year. To mitigate risks, many stores have resorted to cutting hours, bolstering security measures, and restricting access to high-value products. The impact of this crime wave is not confined to retail outlets alone. Dining establishments are also feeling the pinch, with safety concerns prompting the closure of numerous restaurants. The situation has prompted a re-evaluation of law enforcement strategies, with the Justice Department pledging to deploy additional resources to combat the surge in criminal activity. Mayor Muriel Bowser of Washington, D.C. has called for legislative action to empower law enforcement and hold criminals accountable, underscoring the urgency of addressing the crisis at hand. Despite the staggering financial losses incurred by retailers, some industry observers remain skeptical of attributing the surge in crime solely to shoplifting. John Eck of the University of Cincinnati suggests that fluctuations in reporting and store policies may skew perceptions of the problem. Gautham Vadakkepatt of UCF College of Business says the issue is multifaceted. Nevertheless, the vulnerability of American retailers is undeniable, with businesses reluctant to become the next target of criminal syndicates. As the cost of organized retail crime continues to soar, consumers find themselves bearing the brunt, with estimates projecting an annual burden of \$500 per person and counting. In the face of mounting challenges, communities and authorities must collaborate to stem the tide of criminal activity, safeguarding both livelihoods and public safety in the process.

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<i>Economy</i> Praise #240308	54:15	54:15	REC	PA/O/E	03/08/2024	8:00 PM
					03/15/2024	12:00 AM
					03/22/2024	6:00 PM

Tonight on Praise: Pastor Robert Morris joins Dr. Phil McGraw, American Television Personality, Psychologist and Bestselling Author, on the new set of Dr. Phil Primetime. Dr. Phil shares that Merit Street Media is all about storytelling. Talking to real people with real problems looking for real solutions. The set contains 57 feet of screens used to give relatable information to people to let them see what's going on in people's lives. The studio audience is a big part of the show, often participating in the story, asking questions, and commenting. He wants them to be involved because they pick the topics. He learned a long time ago that if you want to be successful you want to talk about things that matter to people who care. And those people will tell you what those things are if you'll just listen. He wanted to go to primetime to get different sets of eyeballs. We're a double income society, moms and dads are both working, and if you can be on in the evenings, then you have the ability to talk to both mothers and fathers. He believes families are under attack and our core values are under attack. People are very reluctant to speak up about it and we've got to speak up. The name Merit Street was not chosen at random or by accident because he believes this country was built on hard work and rewards for hard work. We've gotten to the point where we have so many of our colleges and universities right now trying to sell this bill of goods that everything should be, not just equality of opportunity, but equality of outcome, independent of input. The problem in America is equality of income. It's staggering that we have a government that is giving so much away and we're sitting here with a \$35 trillion dollar deficit and they're looking to give more and more away. You can't reward bad behavior. We have to reward hard work, creativity, and contribution. Merit Street Media is all about meritocracy, rewarding people for hard work. These values need to intersect with Main Street America again. You still got to work to get where you want to go. And we need to work to get people better opportunities. But you don't do it by lowering standards. This is a passion project. He wrote the book entitled "We've Got Issues: How to Stand Strong for America's Soul and Sanity" because he thinks America's soul and sanity are under attack and we need to talk about it. Dr. Phil shares how the first question in his mind has always been "Well, how's it working for you?" Is it getting you what you want? What he wants to do is give people common sense tools to make their lives better. The family unit is the backbone of America. And if we strengthen our family units, then we strengthen our country. Dr. Phil shares his journey with the Lord. He believes in what he's doing and that it's what God wants him to do.

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<i>Economy</i> Behind The Scenes #230	25:30	25:30	REC	PA/O/E	01/06/2024	1:00 AM
					01/07/2024	2:30 AM
					01/07/2024	11:30 PM
					01/20/2024	1:00 AM
					01/21/2024	11:30 PM
					02/03/2024	1:00 AM
					02/05/2024	11:30 PM
					02/12/2024	1:30 AM
					03/02/2024	1:00 AM
					03/03/2024	11:30 PM
					03/17/2024	11:30 PM

Today on Behind the Scenes: Matt and Laurie Crouch are joined by Governor Mike Huckabee to discuss legacy giving or estate planning. Mike Huckabee explains how wills, trusts, unique gifts, and lifetime charitable gift annuities work, and the importance of estate planning.

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<i>Economy</i> Behind The Scenes #233	26:45	26:45	REC	PA/O/E	02/10/2024	1:30 AM
					02/15/2024	11:00 PM
					02/18/2024	11:30 PM
					03/16/2024	12:00 AM
					03/23/2024	2:30 AM
					03/24/2024	11:00 PM

Today on Behind the Scenes: Tom Newman is joined by Mike Huckabee, Former Governor of Arkansas, and Host of "Huckabee" on TBN, and Karen Conrad, Director of Donor Development, to discuss end of life planning. The writer of Proverbs reminds us that a person of wisdom and foresight leaves an inheritance for their children's children. Karen tells us about TBN Living Legacy; charitable gift annuities, wills, trusts, stock gifts, life insurance, probate, real estate, donor advised funds, and unique gifts to benefit Trinity Broadcasting Network.

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<i>Economy</i> Center Point #240103	27:00	6:00	LIVE	PA/O/E	01/03/2024	4:30 PM
					REC	01/03/2024

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Rep. Ralph Norman (R-SC) House Committee On Budget, House Committee On Financial Services, and House Committee On Rules, to discuss exposing frivolous government spending, addressing the federal deficit and the new report of \$900 billion in government waste.

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<i>Economy</i> Gospel Truth with Andrew Wommack #240110	27:30	27:30	REC	PA/O/E	01/10/2024	3:30 AM
					01/10/2024	11:30 AM

Today on Gospel Truth with Andrew Wommack: Financial Stewardship. Pastor Wommack talks about how money gives us power to influence our future, the use of credit cards and instant gratification, and how investing money in people's lives turns something temporary into something eternal.

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<i>Economy</i> Gospel Truth with Andrew Wommack #240111	27:30	27:30	REC	PA/O/E	01/11/2024	3:30 AM
					01/11/2024	11:30 AM

Today on Gospel Truth with Andrew Wommack: Financial Stewardship. Pastor Wommack teaches us money is neither good or bad; money is not moral or immoral. It is all in how we use it. Money is just a tool. He talks about trusting God with our finances and faithful giving. He tells us God is our source.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Economy Gospel Truth with Andrew Wommack #240130	27:30	27:30	REC	PA/O/E	01/30/2024	3:30 AM
					01/30/2024	11:30 AM

Today on Gospel Truth with Andrew Wommack: Financial Stewardship. Pastor Wommack teaches us that God wants us to prosper. Why you want to prosper is super important. The motive behind what you do is more important than what you do. God wants you to be rich because he wants you to abound in good work. A seed is a great example of giving. When you plant a seed, it will germinate and yield a hundred times over. If you give with the right attitude that money never leaves your life. It enters into your future where it grows and multiplies. If you give a little you get a little. If you give a lot, you get a lot. If you want a big harvest, plant a big seed. God loves a cheerful giver.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Economy Pathway to Victory Robert Jeffress #240206	27:30	27:30	REC	PA/O/E	01/12/2024	5:00 AM
					01/26/2024	9:00 AM

Pathway to Victory with Pastor Robert Jeffress: Few things weigh more heavily on the hearts of Americans than money problems. When prices go up, we feel the pressure. And when the economy falters we fear for our future. Well the Bible is full of wisdom about your resources and today I'm going to offer you some very practical biblical advice for managing your money in a way that provides for your families' needs and for God's work. My message is titled "Say Goodbye to Financial Regrets" on today's edition of Pathway to Victory.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Economy The Ramsey Show #240101	46:35	46:35	REC	PA/O/E	01/01/2024	2:00 PM

Today on The Ramsey Show: Rachel Cruze and Jade Warshaw answer questions about how to talk to kids about money, paying off debt while saving for retirement, pausing retirement while saving for a baby, how to start cleaning up debt, selling their house to pay off debt, and changing jobs now. The Best of Dave Ramsey: George Kamel and Rachel Cruze discuss GenZ and their relationship with cash.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Economy The Ramsey Show #240102	46:35	46:35	REC	PA/O/E	01/02/2024	2:00 PM

Today on The Ramsey Show: George Kamel and Dr. John Delony answer questions about trying to get out of a lease early, how to manage rent and a mortgage, what to do with a bonus from work, dealing with an emergency in Baby Step 2, and being anxious about the governmental shutdown. The Best of The Ramsey Show: Dave Ramsey and Ken Coleman answer a question about focusing on running only one of three businesses.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Economy The Ramsey Show #240103	46:35	46:35	REC	PA/O/E	01/03/2024	2:00 PM

Today on The Ramsey Show: Dave Ramsey and George Kamel discuss setting and keeping goals, dreams, treating your life like a business and answer questions about how to stop living paycheck-to-paycheck, how to plan to buy a house, and waiting for student loan forgiveness. The Best of The Ramsey Show: Dave Ramsey and George Kamel answer a question about paying off a car now.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #240104	46:35	45:35	REC	PA/O/E	01/04/2024	2:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Dr. John Delony discuss the collection industry and answer questions about being sued by a credit company, paying student loans vs buying a house, pulling stocks to pay off a house, preparing to pay a girlfriend's student loans, and lying to entitled mother about money. The Best of the Ramsey Show: George Kamel and Rachel Cruze answer a question about how to enjoy the present and stay in budget. They also discuss having an accountability partner.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #240105	46:35	46:35	REC	PA/O/E	01/05/2024	2:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and Ken Coleman answer questions about where to save after selling a house, moving to Florida, working for their dad, repairing or replacing a totaled car, starting a business without debt, and how to build wealth as a teacher. They also discuss that interest rates on home mortgages are dropping. The Best of The Ramsey Show: Dave Ramsey and Dr. John Delony answer a question about how to negotiate a salary.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #240108	46:35	46:35	REC	PA/O/E	01/08/2024	2:00 PM
<p>Today on The Ramsey Show: Jade Warshaw and Rachel Cruze answer questions about going back to school while paying off debt, getting on the same page with a boyfriend, what to do after getting a pay raise, how to invest while in college, and tithing too much or not enough. They also discuss red flags regarding financial non-negotiables. The Best of The Ramsey Show: Dave Ramsey and George Kamel answer a question about how to navigate a loss of income.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #240109	46:35	46:35	REC	PA/O/E	01/09/2024	2:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and George Kamel answer questions about a husband's crazy ex is trying to steal their money, how to budget and build wealth, taking out a HELOC to buy a vacation home, investing while saving for emergency fund, being 63 and not knowing how to retire, cashing out a whole-life policy, and passing the "burn on the floor" test. The Best of the Ramsey Show: Dave Ramsey and George Kamel answer a question about selling stocks to pay off a house.</p>						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #240110	46:35	46:35	REC	PA/O/E	01/10/2024	2:00 PM
<p>Today on The Ramsey Show: Dave Ramsey and George Kamel answer questions about how to best bless their kids, selling a home when they move, investing somewhere else, how to handle estate planning, and how to prepare to buy a house. They also discuss that 65% of Americans live paycheck-to-paycheck. The Best of The Ramsey Show: Dave Ramsey and Jade Warshaw answer a question about a daughter buying a home she can't afford.</p>						

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #240111	46:35	46:35	REC	PA/O/E	01/11/2024	2:00 PM

Today on The Ramsey Show: Dave Ramsey and Rachel Cruze answer questions about a father-in-law selling them whole-life insurance, Grandma giving them \$30k, investing more vs paying off their house, hope for their finances, and husband thinking their money is her responsibility. They also discuss that personal finance is 80% behavior, 20% head knowledge, what effects behavior and that behavior is about relationships. The Best of The Ramsey Show: Dave Ramsey and Dr. John Delony answer a question about buying a campground with a loan.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #240112	46:35	46:35	REC	PA/O/E	01/12/2024	2:00 PM

Today on The Ramsey Show: Dave Ramsey and Jade Warshaw answer questions about what to do about \$400k in debt, how to avoid student loans, how to encourage others to get out of debt, how to buy a car while paying off debt, and worry about help being a waste. They also discuss that 49% of Americans say their personal finances have a negative impact on their mental health, and two in five Americans have experienced anxiety attacks due to money stress. Michael and Jill from Phoenix, Arizona are here to do their debt-free scream after paying off \$570,000 in 45 months which included their house.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #240122	46:35	46:35	REC	PA/O/E	01/22/2024	2:00 PM

Today on The Ramsey Show: Ken Coleman and George Kamel answer questions about keeping one last credit card, what to do with wife's bonus, family disagreeing with the Baby Steps, not being able to catch up and save, and the best way to start a business. The Best of The Ramsey Show: Dave Ramsey and Rachel Cruze answer a question about keeping a mortgage to avoid fraud.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #240123	46:35	46:35	REC	PA/O/E	01/23/2024	2:00 PM

Today on The Ramsey Show: Dave Ramsey and Dr. John Delony answer questions about being afraid to talk to family about money, a wife feeling like she owes her husband money, affording to move for better schools, financial direction, and saving money in a 529. Lee and Nicole, from Greenville, South Carolina are here to do their debt-free scream after paying off \$462,000 in 53 months that included their cars and student loans. The Best of The Ramsey Show: Dave Ramsey and Dr. John Delony answer a question about an ex-boyfriend saying she is a thief.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
The Ramsey Show #240124	46:35	46:35	REC	PA/O/E	01/24/2024	2:00 PM

Today on The Ramsey Show: Dave Ramsey and Ken Coleman answers questions about starting a custodial brokerage account for their kids, moving due to increasing HOA fees, being too old to buy a house, what to do with signing bonus, and being afraid to stop living a "rice and beans" life. The Best of The Ramsey Show: Dave Ramsey and Ken Coleman answer a question about selling both vehicles to pay off debt.

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<i>Economy</i> The Ramsey Show #240125	46:35	46:35	REC	PA/O/E	01/25/2024	2:00 PM
Today on The Ramsey Show: Jade Warshaw and George Kamel answer questions about buying a new car, what to do with a life insurance payout, a broken dishwasher insurance won't pay for, and selling investment property to pay off debt. The Best of The Ramsey Show: Dave Ramsey and Dr. John Delony answer a question about paying back an estranged parents' loan.						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #240126	46:35	46:35	REC	PA/O/E	01/26/2024	2:00 PM
Today on The Ramsey Show: Ken Coleman and Jade Warshaw answer questions about paying off their house, paying off debt while saving for taxes, being greedy to have a monthly income goal, and selling a house to pay off debt.						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #240129	46:35	46:35	REC	PA/O/E	01/29/2024	2:00 PM
Today on The Ramsey Show: George Kamel answers questions about why debt should be paid off, having \$45,000 in credit cards, and which debt to pay off first. George Kamel and Jade Warshaw answer questions about how to get out of the poverty mindset, and which house to sell. They also discuss "loud budgeting" where budgets and money saving tips are shared on TikTok. The Best of The Ramsey Show: Dave Ramsey and Dr. John Delony answer a question about sports betting as side hustle.						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #240130	46:35	46:35	REC	PA/O/E	01/30/2024	2:00 PM
Today on The Ramsey Show: Ken Coleman and Jade Warshaw answer questions about using savings to pay off debt, buying a car with bonus, lowering the price of their home, and managing money after graduation. Melissa and Gary from Minneapolis, Minnesota are here to do their debt-free scream after paying off \$165,000 in 47 months that included cars, credit cards, and a HELOC. The Best of The Ramsey Show: Dave Ramsey and Dr. John Delony answer a question about selling rental property to pay off debt from repairing it.						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #240131	46:35	46:35	REC	PA/O/E	01/31/2024	2:00 PM
Today on The Ramsey Show: Jade Warshaw and George Kamel answer questions about continuing to rent vs buying a house, treating \$183k student debt like a mortgage, struggling to build savings, and selling a truck that is upside-down. The Best of The Ramsey Show: Dave Ramsey and Dr. John Delony answer a question about refinancing to get lower payments.						

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<i>Economy</i> The Ramsey Show #240201	46:35	46:35	REC	PA/O/E	02/01/2024	2:00 PM

Today on The Ramsey Show: George Kamel and Rachel Cruze answer questions about a wife getting mad when budgeting is brought up, what to do about \$500,000 in debt, using 401(k)s to pay off a \$347,000 HELOC, an ex-boyfriend left her with a RV, and a husband wanting to finance a \$90,000 truck. The Best of The Ramsey Show: Dave Ramsey and Dr. John Delony discuss the death of a husband and challenges going through probate.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> The Ramsey Show #240202	46:35	46:35	REC	PA/O/E	02/02/2024	2:00 PM

Today on The Ramsey Show: Ken Coleman and Dr. John Delony answer questions about hiring a CPA so wife will budget, losing a bet so had to call for help, getting a husband to take the lead, going to community college, and taking a new job that will double income. The Best of Ramsey Show: Dave Ramsey and George Kamel answer a question about putting less than 20% percent down on a house.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Economy</i> 700 Club CBN NewsWatch #02142024	52:30	3:00	REC	PA/O/E	02/14/2024	12:00 PM

CBN Medical Reporter Lorie Johnson Reports: Depending on where you live, food prices nationwide are a lot higher than pre-pandemic standards. Shoppers complain that the amount they spend at the grocery store is a lot more than in years past, while they are not getting more food. In some cases, consumers say they spend more for less food. The U.S. Census Bureau announced the average U.S. family with children currently spends an estimated \$331 a week on groceries. Here in Virginia Beach, VA, shoppers told CBN News they're noticing price hikes across the board. The Consumer Price Index announced the most recent data shows grocery prices continue to increase on top of already inflated prices, but the latest uptick was only slight. Nevertheless, consumers in many cases are still reeling from double-digit spikes in food costs during 2021 and 2022 that haven't abated. Today's high food prices motivate shoppers to look for ways to save. CBN News spoke to Tiffany Terczak, author of the blog, "Don't Waste the Crumbs," which offers free tips on how to shrink your monthly food costs. She also teaches a course called "Grocery Budget Bootcamp." Terczak said her number one tip is to eat the food you already paid for, adding most people don't realize how much food they have just sitting in their pantry, refrigerator, and freezer. In fact, she said when she first tried this, she didn't need to go to the grocery store for an entire month. Paying attention to sales is "crucial," according to Terczak. She recommends figuring out how often certain foods are marked down, which is called the "sales cycle." When an item goes on sale, Terczak recommends buying enough of it to last until the next it goes on sale. Another cost-saving tip involves making food from scratch. Terczak offers hundreds of recipes for everything from main dishes to condiments. Terczak says discount stores are often the best places to get items like garbage bags, foil, and napkins. So while food prices may continue to climb, shoppers can find ways to minimize the pain and keep their budgets in line.

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Economy

700 Club CBN NewsWatch #03072024	52:30	2:00	REC	PA/O/E	03/07/2024	12:00 PM
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CBN News Correspondent Brody Carter Reports: America’s debt is growing by \$1 trillion every 100 days, and economists warn that if Congress doesn’t take action, it’s only going to get worse. The U.S. national debt, the money our federal government borrows to cover operating expenses, now stands at more than \$34 trillion. If that’s not bad enough, the rapid rise in interest rates has pushed the annual payments on the debt far higher, threatening to bring a potential future crisis. Dr. Salter, associate professor of economics at Texas Tech University, says some forecasts predict the interest payments alone will soar well past the \$1 trillion mark and could double by 2033. According to the Peter G. Peterson Foundation, that’s more than America spends on the Department of Defense (\$816.7 billion, in 2023), National Security (\$30.3 billion, in 2023), and federal spending on children (\$761 billion, in 2022) and several supplemental programs. He also explains how the biggest drivers of the growing national debt are not solely driven by outlandish government spending, fueled instead by Social Security, Medicare, and Medicaid. Spending on those programs leaves the federal government required to pay an estimated \$200 trillion in future obligations. Economists agree that the risk to America’s credit rating and its ability to raise funds makes debt likely to become one of the biggest threats to our national security, because the U.S. wouldn’t be able to afford the military resources it will need. Joel Griffith, research fellow for economics at the Heritage Foundation, told CBN News the worst is yet to come.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Economy

700 Club CBN NewsWatch #03112024	52:30	4:00	REC	PA/O/E	03/11/2024	12:00 PM
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CBN News Correspondent Brody Carter Reports: The global semiconductor industry, also known as the “chip” industry, is projected to exceed \$1 trillion by the end of the decade. Analysts are concerned that the United States may face national security issues if it does not keep up with the demand for these chips. Some experts warn that America could be left behind because it contributes less than 10% of the world’s chip supply. According to Dr. Chris Miller, author of “*The Chip War*,” if the U.S. wants to maintain its military edge against its rivals, it needs to develop the technology that will make this possible – specifically, the smartest and fastest chips needed for artificial intelligence. In his book, Miller explains the interconnected web of chip manufacturing – how companies have risen to power and which countries now own their market share. Chips are mostly designed in the U.S.; however, they are predominately manufactured in Taiwan which produces more than 90% of the world’s most sophisticated chips. Taiwan’s top company, TSMC, had planned to build a \$40 billion production facility in Arizona but postponed the project due to a shortage of qualified workers. To bolster the U.S. position, the Biden Administration announced a \$5 billion investment in research and development on top of the 2022 Chips Act, which provided \$52 billion to motivate companies to build new plants at home. Last year, the U.S. sanctioned China to slow its ability to get AI chips. In return, China banned the U.S. and other countries from using its rare earth extraction separation technologies. The private sector is now stepping in. At the World Economic Forum, OpenAI CEO Sam Altman urged investors to support a groundbreaking \$7 trillion tech initiative, aimed at boosting global chip production and advancing artificial intelligence. Dr. Zachary Collier, an assistant professor at Radford University, explained how an over-demand for these chips could further constrict the chip supply chain. Meanwhile, Collier says the chip industry is also grappling with how to make production more environmentally friendly. Data following the chip industry estimates some 50 new semiconductor fabs will be built in 2024. And 21 of those will be built in the U.S., with Arizona and Texas being hotspots for production. However, China leads chip fabrication plant expansions with roughly 18 projects. While China strives to pump out more chips than anyone else, Miller says strong alliances are key to winning the Chip War.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business	28:30	28:30	LCL	PA	01/24/2024	8:30 PM
#TCOB-1909					01/26/2024	1:30 AM

Obesity in America has reached epidemic proportions with 1 in every 3 adults considered obese. The reasons behind this dangerous and growing health crisis may not always be what you expect. In any case, losing the weight is a journey. Keeping it off can be even harder. On this episode of "Taking Care of Business" we will discover that how we choose to lose weight is just as important as why.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business	27:30	27:30	LCL	PA	01/31/2024	8:30 PM
#TCOB-1924					02/02/2024	1:30 AM

On this episode of Taking Care of Business we look into retirement. We'll hear from experts on how to plan for your retirement. Topics include financial planning, medical expenses, Social Security, Legal, and savings opportunities. And finally, we'll learn that retirement is more than just a financial issue. It's about life! Will you enjoy or endure this season of life?

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business	28:15	28:15	LCL	PA	02/7/2024	8:30 PM
#TCOB-1904					02/9/2024	1:30 AM

On this emotional episode of Taking Care of Business we explore the difficult subject of youth suicide. Youth suicides are now a pandemic in our country. The suicide rate for young people between the ages of 14 and 19 has jumped 70% in the past 10 years. 157,000 young people are hospitalized each year for self-harm. Many feel that this coincides with the launch and popularity of many of the social media apps and platforms. Most young people don't realize that social media sites are not accurate representations of the authentic lives of those using them. Meet young people who tell their stories of how they attempted to end their lives but lived to tell about it!

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business	28:30	28:30	REC	PA	02/14/2024	8:30 PM
#TCOB-1907			LCL		02/16/2024	1:30 AM

The long reach of the opioid epidemic touches every community in America. It's sprawling across our farmlands and small towns. It's quietly creeping into our families and even our church pews. On this episode of "Taking Care of Business" we take an honest look at this growing problem of substance abuse and explore some possible solutions and how a dose of unconditional love may be required to fix it.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business	28:15	28:15	LCL	PA	02/21/2024	8:30 PM
#TCOB-1916					02/23/2024	1:30 AM

In a recent year, 47,000 individuals committed suicide in this country, 70,000 people died of drug overdose and many more died because of alcohol addictions. What is happening and, more importantly, what is being done to intervene? Depression and addictions are causing more suicide related deaths than at any other time in American history. Self-harm is not always caused by a gun; often it is a drug overdose or alcohol induced event. On this edition of Taking Care of Business, see the sad realities facing our society and meet those who are trying to intervene.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business	26:59	26:59	LCL	PA	03/06/2024	8:30 PM
#TCOB-1926					03/08/2024	1:30 AM

There are over 16 million single parents in America. The causes and challenges many single moms and dads face are unique and can range from tragic to the unexpected. On this edition of Taking Care of Business see how many single parents, and their children, are coping and learn how communities can come together to provide support.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Taking Care of Business	28:30	28:30	LCL	PA	03/20/2024	8:30 PM
#TCOB-1921					03/22/2024	1:30 AM

A generation ago, we were fascinated by and allured to smoke cigarettes. Today, vaping is the trendy alternative to smoking. Is it safer? Is it causing a reduction in smoking overall or is it just creative marketing? Find out on this edition of Taking Care of Business.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Presents	58:35	58:35	REC	PA/O/E	01/01/2024	1:00 AM
Jordan Rubin					01/06/2024	9:30 AM
Advanced Lean and					01/20/2024	11:00 AM
Muscle Capsules					02/03/2024	9:30 AM
#36					03/03/2024	10:30 PM

Tonight on Praise: Sheila Walsh, Author, Speaker & Bible Teacher, hosts Jordan Rubin, Co-Founder of Ancient Nutrition and America's Biblical Health Coach, to discuss a new Ancient Nutrition product, Multi Collagen Advanced Lean, and its health benefits. Jordan shares that scientists have found three ancient herbs that when combined help the body naturally burn calories, burn fat, and lose inches with far greater results than diet and exercise alone. He would never tell anybody to use anything in place of a healthy diet or a fitness program. That being said, so many people are stuck, but more importantly they store fat around the midsection. He believes one of the greatest predictors of longevity is your measurement around your waist at your belly button, if you store what they call visceral adiposity – fat in your midsection. Jordan also shares a few health tips. To manage satiety, when you reach for something to eat, he recommends drinking eight ounces of water first. As we age, our ability to sense thirst diminishes, so sometimes we think we're hungry when we're thirsty. Another secret for weight and fat loss and to reduce cravings is to go to sleep earlier every night. Science shows that the time you sleep might be as important as the amount of time you sleep. Tip number three is time-restricted eating. Consistency is the key. Being strong as we age equals longevity. After the age of forty the average person loses eight percent muscle loss per decade. Move your body. Walk. People need more protein in their diet, between .75 and 1 gram of protein per pound of desired body weight. He tells us today is a great time to begin to become stronger longer, and that goes for young and old alike.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i> Praise Presents Joel Osteen: 15 Ways to Live Longer & Healthier #240101	54:59	54:59	REC	PA/O/E	01/02/2024	5:00 PM
					01/02/2024	8:00 PM
					01/06/2024	10:30 PM
					01/10/2024	12:00 AM
					01/24/2024	12:00 AM
					01/28/2024	9:00 PM

Tonight on Praise: Matt and Laurie Crouch host Joel and Victoria Osteen, New York Times Bestselling Authors, and Senior Pastors of Lakewood Church, to discuss Joel's new book "*15 Ways to Live Longer and Healthier.*" Joel shares how our emotional well-being affects our physical well-being and ninety percent of visits to a primary care physician are stress related. He tells us a lot of times we're carrying unforgiveness, bitterness, guilt, or a negative self-image. Joel encourages us to ask ourselves why we feel this way and to look inside and ask God to help us. Joel shares ways to prosper our soul: Choose to be happy, take care of yourself, unclutter your mind, let go of control, and deal with difficult people.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i> Praise Presents Praying Grace #6	54:40	54:40	REC	PA/O/E	01/07/2024	9:00 PM
					01/28/2024	12:00 AM
					01/28/2024	8:00 PM
					02/11/2024	9:00 PM
					02/25/2024	12:00 AM
					02/25/2024	8:00 PM
					03/23/2024	9:30 AM

Praise Presents Praying Grace: David Holland, Pastor of The Cup and Table Company – The Cup of Communion. The Table of Fellowship, and author of his new book, "*Praying Grace*" discusses grace, the person of Jesus, praying grace, and the declaration of grace. His book is about the finished work of Jesus Christ and how to pray from that finished work. Praying from victory instead of struggling for victory. Praying grace is designed to help us renew our mind, re-order our paradigms, into a declarative form of prayer. A confident, bold posture of sonship before Him; coming to Him as beloved sons and daughters, and boldly agreeing and partnering with Him and declaring in the earth what He has said He wants. It's a prayer of declaration and agreement in partnership with God. Pastor Holland shares that people all over the world are facing the biggest crisis since World War II and are seeking comfort and hope right now. He tells viewers that we have underestimated how much God loves us, how good He is, and the depth, breath, and the height of what Jesus has done for us and in us. The moment that light begins to come on for you, you will never ever be the same.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Health</i> Praise Presents Jordan Rubin Multi-Collagen #39	53:40	53:40	REC	PA/O/E	01/08/2024	5:00 PM
					01/08/2024	8:00 PM

Tonight on Praise, Author and Speaker, Sheila Walsh, hosts Jordin Rubin, Co-Founder of Ancient Nutrition and America's Health Coach, to discuss multi collagen protein and its health benefits. Jordan shares that we have eliminated these collagen proteins from our diet. He believes there are a litany of challenges we are facing as a result of this missing link to our health in old and young alike.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Vinia Praise Israel #51823	55:29	55:29	REC	PA/O/E	01/10/2024	11:00 PM
					01/20/2024	2:30 AM
					01/24/2024	11:00 PM
					01/25/2024	1:00 AM
					02/05/2024	1:00 AM
					02/11/2024	11:00 PM
					02/22/2024	1:00 AM
					02/25/2024	10:30 PM
					03/06/2024	11:00 PM
					03/16/2024	2:30 AM
03/20/2024	11:00 PM					

Tonight on Praise: Matt Crouch is joined by O.S. Hawkins, Bestselling Author and Pastor, and Ilan Sobel, CEO of BioHarvest Sciences, one of the most advanced biotech companies in the world. In Israel they are developing breakthrough technology to leverage the power of the plants for the overall health and wellness of people. Their latest product, VINIA Red Grape Powder, provides the benefits of one bottle of red wine with no sugar, no calories, and no alcohol in each capsule. After taking VINIA every single day for three months in clinical trials they've been able to demonstrate the ability to significantly increase the dilation of arteries, and more dilation of your arteries means increased blood flow. O.S. Hawkins shares that he has been using this product for two years with great results. Ilan shows a portion of the manufacturing process and shares why he does what he does and his deep sense of responsibility to return improved health and vitality to the world and the importance of the partnership between evangelical Christians and Israel.

Mental Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise #240118	55:30	55:30	REC	PA/O/E	01/25/2024	12:00 AM

Tonight on Praise: Former President Donald Trump dominated the Iowa caucus on Monday night in the first election contest of 2024, confirming his role as the front runner in the battle for the Republican presidential nomination. Governor DeSantis of Florida edged out former South Carolina Governor Nikki Haley for second place. But behind the scorecard headlines from Iowa is another fact. Iowa's much watched caucuses didn't draw much participation as turnout was the lowest in years. Iowa caucuses have long been an event where Christian voters have significant influence, but did enough Christians show up at the polls to make their voice heard and vote their values? What will it take to get more Christians to the polls in 2024? Abortion, Woke ideology, antisemitism on the rise, lawlessness, religious freedom, and freedom of speech under attack. Now is not the time for Christians to stay silent. Where are we headed as a nation if Christians don't participate this election cycle? As Christians, we can no longer afford to be indifferent or assume that our nation will be restored through the actions of others. It's a period in America's history that's calling for Christians to boldly stand together and make their voice and principles heard. We have the power to positively shift the direction of a nation. Join Bobby Schuller and Shawn Bolz now as they discuss the pressing matters of our day from a Christian worldview. Later, Special Guest, Sean Feucht, Author, Speaker, and Founder of Let Us Worship, joins the conversation to discuss how we can make a difference this election cycle and impact generations to come. Sean Feucht also talks about his involvement in war zones around the world with a team of medical professionals and first responders who are meeting the physical needs of people and how God is opening the door to the spiritual, as well as his decision to go on a capital tour starting last year. They also discuss GenZ's work ethic, the growing number of employers that are not hiring GenZ workers, GenZ's bent for justice and change, and the popularity of late-stage marriage and its cost. Sean Feucht tells us there is such a spirit of entitlement and self-absorption that has gripped this generation, along with perversion through TikTok, social media, the disconnect from reality, fentanyl overdoses, and suicides. Revival is the only answer. Sean Feucht believes this is the year of family reconciliation. Shawn Bolz also talks about dating, marriage, family, and divine unions.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Presents Scott Hannen Nano Nutrients #25	54:59	54:59	REC	PA/O/E	01/20/2024	9:30 AM
					01/30/2024	5:00 PM
					01/30/2024	8:00 PM
					02/07/2024	12:00 AM
					02/17/2024	9:30 AM
					03/10/2024	9:00 PM
					03/16/2024	9:00 AM

Tonight on Praise: Matt and Laurie Crouch host Dr. Scott Hannen, Chiropractic Physician, Best-Selling Author, TV Host and Pastor, to introduce and discuss a new life changing breakthrough in healthcare that will assist in improving energy, decreasing inflammation and pain, as well as get your body feeling refreshed, repaired, and revived.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Presents Joseph Prince Healing Scriptures #20	54:15	54:15	REC	PA/O/E	02/04/2024	9:00 PM
					02/10/2024	9:30 AM
					02/25/2024	9:00 PM
					03/10/2024	7:00 PM

Tonight on Praise: Joseph Prince, Dynamic Teacher of Grace, Senior Pastor of New Creation Church, and Best-Selling Author of his latest book, "Healing Scriptures," talks about God's heart for his people. His heart is that He wants us well. Joseph shares the significance of the healing scriptures for us today. He talks about the power of meditating on God's word and speaking God's word. He tells us how gratefulness is connected to our overall health and healing.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Praise Presents Jordan Rubin Brain Boost/Trinity #18	54:15	54:15	REC	PA/O/E	02/08/2024	2:00 PM

Tonight on Praise: Jordan Rubin, Founder of Ancient Nutrition, America's Biblical Health Coach and "New York Times" Best-Selling Author, introduces Multi-Collagen Protein Brain Boost available in powder and capsule form. We learn our body is made up of thirty percent collagen, which is a connective tissue protein. However, many people are getting only zero to five percent collagen in their diet. Jordan also introduces Ancient Probiotic Trinity an innovation in gut health combining prebiotics, parabiotics, and postbiotics. Jordan talks about gut health and explains that probiotics are beneficial microorganisms or bacteria that protect our gut and aid digestion, elimination, and the immune system. He also talks about what destroys probiotics in the body and symptoms associated with its depletion.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>	
<i>Mental Health</i>	Praise Priscilla Shirer Anthony Evans #240208	56:40	56:40	REC	PA/O/E	02/08/2024	5:00 PM
						02/08/2024	8:00 PM
						02/09/2024	2:00 PM
						02/10/2024	10:30 PM
						02/15/2024	12:00 AM

Tonight on Praise: Priscilla Shirer sits down with her brother, Anthony Evans, Bestselling Author, Worship Leader, and Christian Singer-Songwriter, to discuss the loss of their mother, his spiritual well-being, taking a pause in his career for his mental health, admitting he needed help, his therapy, as well as his creative process in producing an album. Anthony shares how God was teaching him while he was recording and talks about the song that was birthed through his grief. He sings songs from his latest album "REVIVE."

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i> Praise Dr. Phil Merit Street Partnership - Relationship #240215	56:05	56:05	REC	PA/O/E	02/15/2024	5:00 PM
					02/15/2024	8:00 PM
					02/17/2024	10:30 PM
					02/22/2024	12:00 AM
					02/27/2024	12:00 AM
					03/02/2024	9:30 AM
					03/03/2024	9:00 PM
					03/04/2024	5:00 PM
					03/04/2024	8:00 PM
					03/08/2024	6:00 PM
					03/09/2024	2:30 AM
					03/11/2024	7:00 PM
					03/19/2024	10:30 AM
					03/19/2024	5:00 PM
					03/19/2024	8:00 PM
03/21/2024	11:00 PM					
03/22/2024	7:00 PM					
03/24/2024	7:00 PM					
03/27/2024	12:00 AM					

Tonight on Praise: Matt and Laurie Crouch are joined by Dr. Phil McGraw, Award-Winning Television Host and Author, to announce a very large initiative called Merit Street Media. Matt shares how God orchestrated the lives of Dr. Phil and Robin McGraw and Matt and Laurie Crouch to widen the scope of what it means to talk about godly principles in content causing a brand-new company, Merit Street Media, to be formed; broadcasting 24 hours a day on a brand-new channel Dr. Phil named Merit Street Media. Dr. Phil shares how he feels absolutely driven, called, on a mission to do this. He shares his desire to have more freedom to talk about social issues and things that are absolutely threatening this country as he knows and loves it because people can't talk about the things that need to be addressed right now in this society. People are afraid of getting labeled or cancelled. Dr. Phil believes a lot of what is happening in America right now is being pushed by these fringe groups designed to break down America. He believes the backbone of America is the family and the family unit is under attack. The roles of the mother and the father are being eroded and when that happens you start to see fragmentation in the family with children. College universities are not teaching values; charging large amounts of money for an elite education then saying we should have an equality of outcome, teaching toxic masculinity, and not preparing students for life. They shut this country down for two years and took our children out of school at a time when anxiety and depression were at the highest levels recorded in history. Also at that time, referrals for child molestation and abuse dropped fifty percent. We've got something right now called presentism, which is a phenomenon where people take today's (social?) morays, folkways, or laws, and apply them to what people did sometimes 200 years ago. That's why they're tearing down statues of Thomas Jefferson. You can't erase history. How are we going to learn from our mistakes if we don't acknowledge that we made them? We have to talk about these things. Merit Street Media is calling that stuff out and we're going to put it out in front of the people, so they have the information they need to make decisions in an informed way. Dr. Phil is going to do a show that deals with real people, facing real problems, looking for real answers. He's looking to solve problems, not win arguments, and to do that we have to find a way to work together. Matt shares that he and Laurie have read Dr. Phil's new book, "We've Got Issues How You Can Stand Strong for America's Soul and Sanity" and endorse every word of it. Laurie shares that Jesus told stories giving insight to the Kingdom of God. God is doing a new thing. She believes that this is happening right now for such a time as this because God wants to bring His kingdom to the earth and it's through truth and it's from knowing truth and it is from people being set free out of their bondages. Dr. Phil shares that he's never seen anything like what they have created here. Joel Cheatwood, who is an absolute legend in the news business, is leading the news charge here. On Merit Street Media every show is interconnected. This is a destination network where you and your children can watch it. Dr. Phil wants to bring families back together and provide information they can trust. They are going to have citizen journalism here where people can participate in what they're doing. Dr. Phil hopes viewers will tune in to Dr. Phil Primetime. He encourages viewers to ask themselves two questions: Is he bringing into my house the right message and is he the right messenger? When they watch the news: Is this true? Another program on the network is Nancy Grace. Matt and Laurie tell viewers they could not be more content and happier that God is leading them with this new initiative.

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Praise Presents Jordan Rubin MCP Advanced Hydrate #38	58:50	58:50	REC	PA/O/E	02/22/2024	5:00 PM
					02/22/2024	8:00 PM
					02/24/2024	10:30 PM
					02/28/2024	12:00 AM

Tonight on Praise: Jordan Rubin, Natural Health and Wellness Expert, New York Times Bestselling Author, and Founder of Ancient Nutrition, talks about hydration, muscle degradation or loss, aging, and dehydration. Hydration is a subject that is receiving a lot of attention in the health industry, Jordan Rubin shares that the average person spends a period of time every week being in a dehydrated state. Dehydration is not a lack of water, it's a lack of fluids and minerals called electrolytes which are responsible for charging the cells of our bodies. We are electric beings. Without the balance of sodium, potassium, calcium, and magnesium, our bodies won't function properly, which can significantly affect our health. Symptoms of dehydration include mild headaches, low energy, muscle aches, and hunger. Some people think they are hungry when they are actually thirsty. As we age, we lose collagen. Also as we age, we become less hydrated and our ability to sense dehydration is blunted. We don't drink enough fluids. We are in an epidemic of dehydration. People can experience amazing benefits when adequately hydrated, mineralized, and building the stores of collagen in the body. Jordan introduces a brand-new product by Ancient Nutrition called Multi Collagen Advanced Hydrate to the TBN audience. He shares his own health journey and how he now shares a message of health and hope across the world.

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<i>Mental Health</i>						
Praise Presents	55:30	5530	REC	PA/O/E	02/27/2024	5:00 PM
Dr. Phil					02/27/2024	8:00 PM
We've Got Issues					03/08/2024	5:00 PM
#240301					03/14/2024	5:00 PM
					03/14/2024	8:00 PM
					03/21/2024	12:00 AM
					03/21/2024	8:00 PM

Tonight on Praise: Dr. Phil McGraw, American Television Personality, Psychologist and Bestselling Author shares with Matt and Laurie Crouch that he wrote his recent book, "We've Got Issues How You Can Stand Strong for America's Soul and Sanity" because what is happening in America is not okay with him and many people are too intimidated to speak up. Family in America is under attack. He believes the biggest revolution since the Industrial Revolution was the advent of the smartphone. People have not paid attention to the unintended consequences of that. Technology's great. We all benefit from it, but teenagers are in no hurry to get their driver's license, they date later, have fewer friends, and are less involved in the real world because their heads are down looking at a screen watching other people live their lives instead of living their own lives. The lives they're watching are fiction and they compare themselves with that. They get on these social media platforms that are controlled by algorithms who feed them all of this toxic data. They are trading your child's mental health for clicks, which is ad-revenue. Companies know it and they do it and parents aren't aware. I need to educate them about how to recognize what's happening. Their children are under attack. We're seeing depression, anxiety, and loneliness at the highest level since they started keeping records. Dr. Phil tells us that when he started Dr. Phil as a platform in 2002, he pledged to talk about things that matter to people who care. He shares the things that matter changed over the years as he began dealing with cyberbullying, child suicide, predators on the internet, the purchase of drugs on the internet where 100% of the pills online are counterfeit and 40% of them are laced with lethal doses of fentanyl. Dr. Phil says he wants to talk about it because he is not trying to win arguments, he's trying to solve problems. He wants to teach people how to stand strong for America's soul for America's sanity and you do that with facts. There are people that are very concerned about what is being taught in the schools right now. His advice to parents is do your homework, get your facts, find out what's going on, and effect change. Dr. Phil is also very concerned about where faith is in America right now. He's concerned about where religion is in America right now. For the first time in our country's history, church membership has dropped below the 50% level. Again, family in America is under attack and it's fragmenting. Our birth rate is also dropping. Church is a time for the family to be together. Dr. Phil shares how it's a time for his family to be together. He talks about how his father was an alcoholic for most of his life, and at the end of his life he did get sober and enrolled at the Dallas Theological Seminary and received his Master of Divinity. Dr. Phil was baptized at the age of 13. When he had children in his life it occurred to him that one of his roles as a father was to teach and inspire them to come to him with what they had to say, and with their problems. That was really practice in being able to bring their problems to their heavenly Father. He took great comfort in knowing that when he's gone, they would never be alone because he had role modeled for them how to go to the father and they could go to their heavenly father. It's important to create a positive generational legacy in that regard. He talks about it in the book. Also in the book, he tells us you don't reward bad behavior and to call out wrong when you see it. It's always the right time to do the right thing. Dr. Phil will be dealing with these issues on his new show Dr. Phil Prime Time.

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<i>Mental Health</i>						
Praise Presents Rick Warren Purpose Driven Life #7	54:15	54:15	REC	PA/O/E	03/03/2024	12:00 AM
					03/03/2024	8:00 PM

Tonight on Praise: Rick Warren, Founder of Saddleback Church, Pastor, and "New York Times" Best-Selling Author of "The Purpose Driven Life: What on Earth Am I Here For?" tells us there is no more fundamental question than 'why am I alive?' He asks the questions of existence (why am I alive?) significance (does my life matter?) and purpose (what am I here for?). He explains God's five purposes for our lives: 1. You're planned for God's pleasure. 2. You're formed for God's family. 3. You're created to become like Christ. 4. You're shaped to serve God. 5. You're made for a mission. To fulfill these five purposes love God with all your heart, soul, mind, and strength (worship) and love your neighbor as yourself (service). Let God love you because we were created for God to love. Pastor Rick shares his personal pain when his wife, Kay, had cancer, and when his son, Matthew, struggled with mental illness and committed suicide. Out of their greatest pain, Pastor Rick and his wife, Kay, began ministering to families with mental illness and families struggling with the suicide of a family member. Pastor Rick expresses the importance of recognizing the deeper the pain the fewer words should be used. Simply show up and shut up; this is the ministry of presence. Pastor Rick encourages viewers to use their pain to help others.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>						
Praise #91418	56:30	56:30	REC	PA/O/E	03/05/2024	5:00 PM
					03/05/2024	8:00 PM
					03/13/2024	12:00 AM

Tonight on Praise: Tyler Perry, Prolific Actor, Writer, Filmmaker and Producer talks about his abusive childhood and how his imagination provided a safe place to create and dream, ultimately enabling him as a man to feed his dreams. Tyler eventually wrote a play about adult survivors of child abuse who forgave their abusers, and yet he had not forgiven his own father. He shares that the catalyst of his success was when he forgave his father; no longer fueled by anger and negativity but motivated by positivity. Today Tyler owns Fort McPherson, a former confederate army base, where his studios are now located. Tyler tells us he has no failures because everything in his life was a teaching moment that prepared and molded him. He encourages us to never give up on our dreams and to know that we are worthy, because there are people whose lives and destiny are tied to us. Tyler shares how he overcame his fear of flying; closing with a message about anxiety, encouraging us to climb (pray) and maintain (worship).

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>						
Praise Dr. Phil We've Got Issues with Erick Stakelbeck #240302	54:44	54:44	REC	PA/O/E	03/07/2024	5:00 PM
					03/07/2024	8:00 PM
					03/14/2024	12:00 AM

Tonight on Praise: It's no secret that in America right now, we've got issues. Just turn on the news, see what's unfolding in our country right now. Poll after poll shows that Americans are troubled, concerned about the direction the United States is headed in. How do we get back to the three 'F's that made this country great: Faith, Family, and Freedom, not to mention some good old fashion common sense? Our good friend Dr. Phil McGraw, American Television Personality, and Psychologist has written a new book called, "We've Got Issues." He talks about issues such as the educational system, social media, the mental health crisis, and protecting our children. Not only is Dr. Phil the number one rated nationally syndicated daytime show for twenty-one years and a best-selling author many times over, but he's also now launching a brand-new television network, Merit Street Media, in partnership with TBN April 2nd.

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Mental Health

Praise #240321	55:00	55:00	REC	PA/O/E	03/21/2024	5:00 PM
					03/21/2024	8:00 PM
					03/28/2024	12:00 AM

Tonight on Praise: Sheila Walsh is joined by Worship Leaders, David and Nicole Binion, to discuss their incredible new music project and book "The Revelation of Jesus" along with Pastor Mike Hayes, author of his latest book, "Real Happy Jesus' Surprising Path to Genuine Joy." We learn what happiness really is and that being happy is spiritual. Pastor Hayes tells us that God wants us happy. He shares a story of woman using his book in her recovery homes for addicts and alcoholics in Seattle.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

Behind The Scenes #228/#301	30:00	30:00	REC	PA/O/E	02/28/2024	4:30 PM
					02/28/2024	7:30 PM
					03/01/2024	4:30 PM

Today on Behind the Scenes: Dr. Phil talks with Matt and Laurie Crouch about his experience on *The View* when he was discussing topics in his new book, "We've Got Issues How You Can Stand Strong for America's Soul and Sanity." He made a statement about the mismanagement of COVID regarding children and that he thought the schools should not have been shut down. He stated there would be more damage created by the mismanagement, the extended quarantine, yanking the support system out from under a population of children that we already know are in the biggest mental health crisis since records have been kept. This was not an opinion this was a fact. Matt shares Dr. Phil is proving he wants to get into the issues, which is the reason for the initiative behind Merit Street Media, a partnership between TBN and Dr. Phil, with an official launch date of April 2nd on broadcast, satellite, cable, streaming platforms, and the Merit+ app. Dr. Phil sets forth ten principles in the book that are essential to any society or culture's health. He tells us any society that is going to really thrive, be stable and secure its backbone, is the family unit. He believes the family in America is under attack. He explains that Merit Street is a family ecosystem where everything interacts with everything else. Matt tells us that Merit Street is all about common sense and TBN is all about ministry. Dr. Phil talks about his faith. He hopes Merit Street Media is a celebration of the Lord's work. It's all family based, the values are there, and he hopes they are reflected in everything that they do.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

Better Together #1246	51:01	51:01	REC	PA/O/E	01/08/2024	10:29 AM
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Today on Better Together: Sheila Walsh, Faith Eury Cho, Irene Rollins, Debra Fileta, and Alexandra Hoover address: Emotions are a gift from God. Our ability to feel joy holds the same importance as our ability to feel sadness. Our Heavenly Father redeems our stories and turns our triggers into opportunities to receive healing and hope.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

Better Together #1247	50:59	50:59	REC	PA/O/E	01/09/2024	10:29 AM
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Today on Better Together: Sheila Walsh, Faith Eury Cho, Irene Rollins, Debra Fileta, and Alexandra Hoover address: Shame is the opposite of grace. When cycles of guilt cloud our minds, we forget that the only answer is found in the arms of our Savior. Because Jesus already paid for our forgiveness and freedom, we get to walk in the reality of His unconditional love.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>						
Better Together #1248	51:00	51:00	REC	PA/O/E	01/10/2024	10:29 AM
Today on Better Together: Sheila Walsh, Faith Eury Cho, Irene Rollins, Debra Fileta, and Alexandra Hoover address: Saying "no" to fear and "yes" to faith starts with receiving God's truth. Our Heavenly Father invites us to walk in our identity as children of the most powerful King and know His peace.						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>						
Better Together #1249	50:59	50:59	REC	PA/O/E	01/11/2024	10:29 AM
Today on Better Together: Sheila Walsh, Faith Eury Cho, Irene Rollins, Debra Fileta, and Alexandra Hoover address: Often our feelings of anger signal a different issue--offense, unmet expectations, or grief. Can we be angry and not sin? Preventing unhealthy anger from growing in our hearts starts with understanding our true identity as beloved children of God.						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>						
Better Together #1209	50:59	50:59	REC	PA/O/E	01/25/2024	10:29 AM
Today on Better Together: Lisa Harper, Jackie Hill Perry, Jada Edwards, Kirsten Watson, and Allison Allen address: What does it mean to lament? Our God is able to handle all our emotions--grief and pain, joy and celebration. Nothing life throws at us or any question we ask is too big for Him. Our Heavenly Father is faithful to carry us through any season.						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>						
Better Together #1163	51:00	51:00	REC	PA/O/E	02/07/2024	10:29 AM
Today on Better Together: Holly Wagner, Robyn Wilkerson, Donna Pisani, Meghan Robinson, and Michelle Lutz address: Our God is close to the brokenhearted. No matter what we are going through, He is our ever-present help. In times of grief, His grace carries us. When we stumble, His kindness leads us to repentance and transformation.						

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>						
Better Together #1164	51:01	51:01	REC	PA/O/E	02/08/2024	10:29 AM
Today on Better Together: Holly Wagner, Robyn Wilkerson, Donna Pisani, Meghan Robinson, and Michelle Lutz address: Have you checked your "blind spots"? Matthew 5:8 says, "Blessed are the pure in heart, for they shall see God." Anything that tries to blur our vision is an opportunity to realign our hearts and minds with Heaven and develop Godly character.						

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Better Together #1138	50:59	50:59	REC	PA/O/E	02/14/2024	10:29 AM

Today on Better Together: Sheila Walsh, Dr. DeeDee Freeman, Nicole C, Debra Fileta, and Jennie Lusko address: How should singles find "Mister or Miss Right"? How can married couples keep the spark alive? How we navigate romantic relationships depends on how we see ourselves and how we believe God's promises.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Better Together #1272	51:00	51:00	REC	PA/O/E	02/27/2024 02/27/2024	10:29 AM 7:00 PM

Today on Better Together: Sheila Walsh, Holly Wagner, Ann Voskamp, Debra Fileta, and Jess Connolly address: You are God's beloved child--spirit, soul, and body! When life's bumps and bruises leave us with wounds and scars, our Heavenly Father is faithful to count every tear and never wastes a single moment. He is our Redeemer who makes all things new.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Better Together #1273	51:00	51:00	REC	PA/O/E	02/28/2024	10:29 AM

Today on Better Together: Sheila Walsh, Holly Wagner, Ann Voskamp, Debra Fileta, and Jess Connolly address: You were created for REST! When we receive God's unmerited favor, grace, and mercy--striving stops. There is no way to earn such a precious gift. We are called to a life of surrender at the foot of the Cross.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Better Together #1274	51:00	51:00	REC	PA/O/E	02/29/2024	10:29 AM

Today on Better Together: Sheila Walsh, Holly Wagner, Ann Voskamp, Debra Fileta, and Jess Connolly address: You are fully loved by God! Chasing perfection pulls our focus away from our Creator. When we keep our eyes on our Savior, He turns our messes into masterpieces and gives us grace, rest, and wholeness in return. We cannot earn God's love, it's already ours.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Better Together #1275	51:00	51:00	REC	PA/O/E	03/01/2024	10:29 AM

Today on Better Together: Sheila Walsh, Holly Wagner, Ann Voskamp, Debra Fileta, and Jess Connolly address: You are seen and known by your Creator! When we learn how to see ourselves and others through God's eyes of unconditional love--mercy and grace flow freely. True freedom and lasting healing are found on the other side of forgiveness.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

Better Together #1281	50:59	50:59	REC	PA/O/E	03/11/2024	10:29 AM
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Today on Better Together: Sheila Walsh, Kristi McLelland, Faith Eury Cho, Donna Pisani, and Tara Beth Leach address: Every time we encounter God's truth we are forever changed. The Bible is God's love letter to us. Every page has the power to renew our minds and transform our hearts.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

Better Together #1107	51:01	51:01	REC	PA/O/E	03/19/2024	7:00 PM
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Today on Better Together: Beth Redman, Jennie Lusko, Janice Gaines, Emily Vogeltanz, and Jess Connolly address: Has God's truth transformed the way you think? When we allow God's Word to renew our minds, our perspective changes. We are called to speak life and carry hope to everyone we meet!

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

Better Together #1109	51:02	51:02	REC	PA/O/E	03/19/2024	10:29 AM
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Today on Better Together: Beth Redman, Jennie Lusko, Janice Gaines, Emily Vogeltanz, and Jess Connolly address: You are uniquely gifted and called by God to your corner of the world! Comparing ourselves to others distracts us from our calling and purpose. It's time to break free from comparison and experience everything God created us to be!

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health

Center Point #240104	27:00	4:00	LIVE	PA/O/E	01/04/2024	4:30 PM
			REC		01/04/2024	7:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Jim Karas, Lifestyle Expert and Author of "The Cardio-Free Diet," to discuss the health benefits of sleep.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health

Center Point #240109	27:00	4:00	LIVE	PA/O/E	01/09/2024	4:30 PM
			REC		01/09/2024	7:30 PM

Tonight on CenterPoint: Correspondent Lyndsay Keith interviews Jim Karas, Lifestyle Expert, and Author of "The Cardio-Free Diet," to discuss the key to living longer, being part of a community, and the benefits of attending church.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

The Eric Metaxas Show #189	24:15	24:15	REC	PA/O/E	01/21/2024	7:00 PM
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Today on the Eric Metaxas Show: Rip Wahlberg, Author of "Shattered," talks about the loss of his son, Aiden, in a sudden drowning accident. He shares how allowing God into our pain helps us to process it, and that there is hope to survive and thrive after the worst pains of life, if we let God touch our wounds. He talks about letting ourselves have the emotions that are real about the situations of our life verses suppressing our emotions.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health

The Eric Metaxas Show #190	24:30	24:30	REC	PA/O/E	01/26/2024	3:00 PM
					01/28/2024	7:00 PM

Today on the Eric Metaxas Show: Brant Hansen, Radio Host and Author of "Life is Hard God is Good Let's Dance Experiencing Real Joy in a World Gone Mad," a book about being at peace. Brant shares that people are overrun with anxiety in our culture. It's a choice. It is very difficult for gratitude and anxiety to coexist. He encourages us to tell God what we're thankful for and let him deal with it, casting our cares on him. Brant tells us we are becoming what we're paying attention to. He talks about trusting God. Brant also talks about CURE International, which are permanent surgical hospitals for kids that have correctable disabilities around the world, in the poorest places, and all done in the name of Jesus. They charge them nothing. These kids get to get up and run, dance, walk, and play for the first time in their lives. Around the world the typical view is if you have any kind of disability, you are a monster and you're cursed. Many of their stories are in his book to illustrate the healing power of God and what God is doing in the world today. God is good and worthy to be trusted. Brant believes it is much easier to live concerned with today and watch what God does with the rest of this stuff. It's much easier to live with a childlike, joyful existence, where you actually have peace.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

Huckabee #333	50:30	7:00	REC	PA/O/E	02/17/2024	5:00 PM
					02/17/2024	8:00 PM
					02/18/2024	6:00 PM

Tonight on Huckabee: Brad Wilcox, Author of "Get Married" and Senior Fellow at the Institute of Family Studies, shares that Americans who are married have much more meaningful lives, they have much happier lives, have more prosperous lives, and there's really no group of Americans that are doing as well both financially and emotionally as married Americans are today. In the last couple of years he's seen so many articles making the argument that marriage is a path to immiseration and misery. What they don't recognize is that for ordinary women across the United States, it's the path to prosperity and happiness. We're now seeing messages that marriage is a bad deal for men and one of their big concerns is divorce. Divorce has actually come down since 1980. For most Americans marriage is a pathway to a stable family life for their kids. He has found that eighty percent of his students have been raised by a traditional family.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>						
Huckabee #335	50:30	10:00	REC	PA/O/E	03/02/2024	5:00 PM
					03/02/2024	8:00 PM
					03/03/2024	6:00 PM

Tonight on Huckabee: General Leroy Sisco, Founder and CEO of Military Warriors Support Foundation, shares how the organization has saved 150 lives from suicide. He also talks about their support of combat wounded heroes, gold-star spouses, and their families, which includes everything from financial mentoring, payment-free vehicles, and mortgage-free homes. Jacob Williams, Retired U.S. Army, Private First-Class, and his wife, Meredith, Military Warriors Support Foundation applicants, join the show to discuss the applicant process and are surprised by receiving a key to their new home.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i>						
Huckabee #337	50:30	6:00	REC	PA/O/E	03/16/2024	5:00 PM
					03/16/2024	8:00 PM
					03/17/2024	6:00 PM

Tonight on Huckabee: Tim Carney, Columnist and Author of the book "Family Unfriendly," talks about some of the problems in our society today. Anxiety for children is at record highs, parents are more stressed out, and the birth rate is at record lows. The root of the problem is our culture. The parenting culture is insane with their expectations; instead of taking their kids to little league, they take them to travel sports. In the dating and mating culture, twenty-somethings are not getting married and dating apps have made that all dysfunctional. The values of our culture are family unfriendly. All these things are making it harder for parents to raise healthy, happy families. Tim tells us social science research shows the number one cause of childhood anxiety is the lack of independent play. He believes helicopter parenting is making young adults less likely to become parents themselves. He says being a good parent isn't giving your kid absolutely everything, it's building and cultivating a family culture that is oriented towards things that matter more, such as virtues, faith, and community.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

It is Written with John Bradshaw #2406	27:30	27:30	REC	PA/O/E	02/04/2024	10:30 AM
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Today on It is Written with John Bradshaw: Saving Marriage. Even though the divorce rate in the United States has dropped in recent times, it is still sky high. In 2021, there were 1,985,072 marriages in the United States and 689,308 divorces. While first marriages fail at a rate of around 40 percent, 67 percent of second marriages fail, and 73 percent of third marriages. In Britain and Australia the divorce rate has increased in recent years. And while we recognize there are times when people can no longer safely stay in a marriage due to their own safety or the welfare of the children, those cases are the exception, and they're not the rule. It is reported that one in three children live in a single-parent family, and the number is rising. Most of those kids live in a home without a father. Nearly 30% of single parents live in poverty, as compared to 6% of married couples. Girls whose fathers left the home before they were five years old are eight times more likely to become pregnant as adolescents than girls from intact families. Kids whose parents divorce or separate are at increased risk of child and adolescent adjustment problems including academic difficulties, disruptive behaviors that's conduct and substance abuse problems and depression and other mental health issues. Research shows that children of divorce are more likely to experience a divorce themselves. While some kids come through the divorce of their parents okay, but we're not wise to ignore the fact that parental divorce is really hard on kids. Marriage was God's idea. People are marrying later than ever. The median age for a first marriage is now 30 for men and 28 for women. In 2016, 18 million Americans were living with an unmarried partner, up 30 percent in less than 10 years. Since 1972, marriage rates in the U.S. have fallen by almost 50 percent and are currently at the lowest point in recorded history. Is there any hope for marriage? We look at a divine prescription for saving marriage. Marriage is worth fighting for. The family was set up by God to be the place in which children can be raised safely and successfully, where both husband and wife can flourish, where parents and children can experience love and security. Marriage creates the family, and the family is the building block of society. Marriage is not a contract; it is a covenant. We're looking for a way to move forward, a way to avoid divorce and to save a marriage and a family. First, you want to marry the right person. The institution of marriage has been under attack ever since it was introduced by God in the Garden of Eden. How can you safeguard marriage? Pastor Bradshaw shares nine more points with us. 2. Marry someone who believes as you do. 3. Marry someone of good character. 4. Be the right person. 5. Be nice. 6. Don't say it. 7. Keep it clean. 8. Be a Christian. 9. Don't hurry into marriage. 10. Get marriage counseling. Marriage does not have to fall apart. Marriage is the building block of society. When marriage goes, so does society. It's where values are transmitted, where people can find security and develop their self-worth. It's better to marry no one than the wrong one. Marriage is worth fighting for. It was established in the Garden of Eden for the benefit of those being married, for children, and for society. God intended marriage to last a lifetime. What's impossible for you is possible with God. A successful marriage depends entirely upon Jesus being the center of the home and the center of the life of both husband and wife.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health

It is Written with John Bradshaw #2411	27:30	27:30	REC	PA/O/E	03/10/2024	10:30 AM
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Today on It is Written with John Bradshaw: Life and Longevity. What if you were to learn there are simple ways to reverse seriously challenging health problems? His guest David DeRose, MD, MPH, President of CompassHealth Consulting, and Author of the book "The Methuselah Factor," talks about the connect between some of the progress he saw people make in their lives – or not make, if they refused to make some of those simple changes and a connection with blood fluidity. Medical research says if you improve your blood fluidity (how blood flows through your blood vessels), you're going to lower your risk of stroke, and your mind will work clearer. He also talks about the effects of caffeine, vitamins, Botox, spirituality, and how he's seen faith in God react upon a person's health, through meditation and prayer, forgiveness, and the value of humility.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joel Osteen: 15 Ways to Live Longer & Healthier #1	24:50	24:50	REC	PA/O/E	02/05/2024	4:30 PM
					02/05/2024	7:30 PM
					02/08/2024	4:30 PM
					02/08/2024	7:30 PM
					03/18/2024	4:30 PM
					03/18/2024	7:30 PM
					03/21/2024	4:30 PM

Joel Osteen: 15 Ways to Live Longer & Healthier: A Healthy Soul. Our inner life is more important than our outer life. We take a lot of time and energy taking care of our physical body but too often we don't spend enough time taking care of our soul. We don't realize how much our emotions, attitudes and thoughts are affecting us physically. If we're living stressed, worried, bitter, guilty, angry, those negative emotions are not just affecting our relationships, our creativity, and how productive we are, they're weakening our immune system. Joel tells us he read that ninety percent of all visits to a primary care physician are stress related. When we stay full of joy our immune system functions at its peak performance level just as God intended. The Bible tells us a cheerful mind works healing and this continues to be confirmed by science. We are responsible for our emotional wellbeing. Joel sits down with his wife, Victoria, to discuss some of these strategies that have helped their church, their family and relationships grow stronger and healthier over the years. Joel tells us to keep our soul healthy and become an active gardener pulling up those roots of unforgiveness, insecurity, guilt, condemnation, disappointment, resentment, and self-pity. Get rid of those roots and guard your heart. It's time to get honest with yourself. We control what's in our soil. As our soul gets healthier physical healing will come. Joel tells us to learn to live from a place of faith, to keep our heart pure, and allow God to bring healing to our soul.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health

Joel Osteen: 15 Ways to Live Longer & Healthier #2	24:50	24:50	REC	PA/O/E	03/22/2024	4:30 PM
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Joel Osteen: 15 Ways to Live Longer & Healthier: Stay Positive Toward Yourself. Your relationship with yourself has an incredible influence upon your mental, spiritual, and physical well-being. Too many people focus on their faults, their weaknesses, and relive their mistakes and failures. Instead of accepting themselves as a masterpiece made in the image of God, they're critical toward themselves. And they wonder why they are not happy, and why they don't have good relationships. It's because they don't like themselves. If you don't get along with you, you're not going to get along with other people. Jesus said to love your neighbor as you love yourself. You can't love others if you don't first love yourself. The best thing you can do for your family and friends is to be good to you, be kind to you, be merciful to you, be forgiving to you, and loving to you. Joel sits down with his wife, Victoria, to discuss strategies that helped their church, their family and relationships grow stronger and healthier over the years. Joel shares that scriptures tell us our faith is made effective when we acknowledge everything good. Retrain your mind to see the good. Celebrate the victories. Start acknowledging all the things you're doing right, that's what is going to help you do better. God doesn't focus on your flaws so neither should you.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health

Joel Osteen: 15 Ways to Live Longer & Healthier #3	24:50	24:50	REC	PA/O/E	02/07/2024	4:30 PM
					02/07/2024	7:30 PM

Joel Osteen: 15 Ways to Live Longer & Healthier: Choose to Be Happy. Every morning when we wake up, we are given a choice. We get to choose how we will live that day. If you don't decide how you're going to live, circumstances will decide for you. Scripture says joy comes every morning. Every morning you can receive that joy. The Bible says in life there will be trouble. If we're going to be happy, we have to be happy on purpose. A mark of maturity is when you can be happy even when things aren't going your way, when your joy is not based on your circumstances. One way we honor God is by living happy. You can't control how everyone treats you, but you can control how you respond. You can't enjoy today if you're focused on yesterday. Joel sits down with his wife, Victoria, to discuss some of these strategies that have helped their church, their family and relationships grow stronger and healthier over the years. Joel shares that there are studies that show when you smile it sends a message to your whole body. Endorphins are released to tell your body that everything is going to be okay. Joel tells us, when you think happy thoughts it not only lifts your spirit, but it also affects your health. We could be discouraged, complaining, stressed, but instead make the choice to live this day happy. Keep being grateful. Happiness is not dependent on what's going on around you. It's dependent on what's going on inside you. We can choose to be happy. What about you? Are you thinking yourself sad, thinking yourself discouraged, thinking yourself a victim, if so, it's time to start thinking happy thoughts. This world needs more happy people. If you keep the right perspective recognizing that this day is a gift from God, then it's much easier to not be sidetracked by all the worries. Instead you can think thoughts of gratitude, blessing and joy. Every day you can choose to live the abundant life that God has for you. Let's get in the habit of thinking happy thoughts.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

Joel Osteen: 15 Ways to Live Longer & Healthier #5	24:50	24:50	REC	PA/O/E	02/14/2024	4:30 PM
					02/14/2024	7:30 PM
					02/16/2024	4:30 PM

Joel Osteen: 15 Ways to Live Longer & Healthier: Unclutter Your Mind. Have you ever been so preoccupied that you couldn't enjoy the moment or so overwhelmed you couldn't sleep at night? When we struggle to find peace, joy, and passion, it's possible that our mind has become cluttered. You can clear out that clutter. Not only can you get rid of negative thoughts that are stealing your peace, taking your joy, and draining your energy, but you can be proactive about what you let in your thought life in the first place. That's why the scripture tells us to guard our mind. All through the day there's clutter, there's noise, there's drama, stress, worry, jealousy. But you don't have to take them in and hold on to them. Those things are limiting your life. Sometimes we've been living with things for so long we don't remember what it was like without them. Maybe you've been worried for so many years it's become normal to you. You can't remember what it was like to be free from that anxiety. Maybe you've lived far too long in a state of guilt and anger, past mistakes playing in your mind. Negative thoughts have a way of piling up until we can't get see past them. Thoughts that we don't measure up, that we're not talented, we're not attractive, we don't have a good personality, those lies can pile up for years cluttering our mind. It's time to clear out that clutter. This is a choice that you have to make. It's time to clear out the negative. You were created in the image of Almighty God. He doesn't make any mistakes. Don't say another negative word about yourself. If you don't clear out the clutter, it'll keep you from going to new levels. Worry will keep you from rising higher. Bitterness will keep you from new opportunities. Living stressed will cause you to have health problems. Going around feeling guilty will keep you from pursuing your dreams. Joel challenges us today to unclutter our minds. Let it go. You only have so much emotional energy each day. Do you know how much energy it takes to hold a grudge, to be bitter, to think about how you can pay someone back? That's wasting valuable energy that you need for your dreams, for your family, for your destiny. You can't hold on to the hurts, live offended and bitter, and see the new things God has in store. You have to clear out that clutter and allow God to replace it with his peace, his joy, and his beauty. Joel sits down with his wife, Victoria, to discuss some of these strategies that have helped their church, their family and relationships grow stronger and healthier over the years. Joel shares that a place of peace is a place of power. Your life is going to follow your thoughts.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

Joel Osteen: 15 Ways to Live Longer & Healthier #6	24:50	24:50	REC	PA/O/E	02/07/2024	6:30 PM
					02/07/2024	9:30 PM
					02/19/2024	4:30 PM
					02/19/2024	7:30 PM
					02/22/2024	4:30 PM
					02/22/2024	7:30 PM

Joel Osteen 15 Ways to Live Longer & Healthier: Dealing with Difficult People. Difficult people, we all have to deal with them, but how we handle these challenging relationships will determine the quality of our life. Our health and happiness is often affected by our outlook. Scripture tells us we overcome evil with good. You never overcome disrespect with more disrespect. You never get ahead by doing to others the wrongs they've done to you. Someone can't make you get upset; you have to give them permission to upset you. The next time someone pushes your buttons, just smile, and say not this time. I'm staying in peace. I'm going to protect my heart, my mental well-being, I'm going to enjoy this day. You have to be the one to say I'm going to make some adjustments. I'm going to keep myself healthy. I'm going to make sure I'm taking care of my emotional well-being, taking care of this temple that God has given me. The real way you see favor and blessing is when you bless your enemies, when you're good to those who are not good to you. Not only will you rise higher, but God will deal with those that are not treating you right. Joel sits down with his wife, Victoria, to discuss some of these strategies that have helped their church, their family and relationships grow stronger and healthier over the years. You have to make up your mind that no matter what people do, no matter what they say or how they treat you, they're not going to steal your joy. You can control how you respond. The most powerful thing you can do is just let it slide right off. Don't give it the time of day. Don't think about it anymore. Don't relive it. Don't call your friends and tell them what was said or what was done. Keep your heart pure. Save your emotional energy to live the day to the full to pursue your dreams, to love your family, to be good to your neighbors. When you let God fight your battles, you'll come out better than you were before. Don't let people get you upset and offended. Stay focused and stay in peace. It's one of the keys to living a longer and healthier life.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

Joel Osteen: 15 Ways to Live Longer & Healthier #8	24:50	24:50	REC	PA/O/E	02/28/2024	6:30 PM
					02/28/2024	9:30 PM

Joel Osteen 15 Ways to Live Longer & Healthier: Let It Go. We all go through disappointments, things that are not fair. It's easy to hold on to the hurts, think about the negative things people said to us and relive the events. We don't realize how much that is affecting us, souring our attitude, draining our energy, and limiting our creativity. If you're going to fulfill your destiny, you have to get good at letting things go. Offenses, betrayals, and things that are not fair will come. How you deal with these offenses will determine how high you will go. I've heard it said if you don't heal from emotional wounds, you will bleed on people that had nothing to do with it. How many people are living wounded over hurts from long ago? Bad break-up, business deal gone wrong, a friend who walked away. Instead of letting it go, they replay it over and over in their mind reliving all the hurt. Then they wonder why they don't have good relationships. It's because they haven't healed. They're living out of a wounded place. Until you get well you can't have healthy relationships. Jesus wants us to live in a continual process of forgiveness. Every day we should be ready to forgive. It doesn't have to be big things. I've learned that life is full of wounded people. People who haven't dealt with negative things in their past. You can't stop the offense from coming but you can keep the offense from getting inside you. How much time are you spending offended and bitter? How heavy is that weight of unforgiveness? What if you could let it all go? What about you? Are you holding on to rejection, offense, betrayal? Are you ready to let it go and move forward with your life? Victoria talks about teaching your children to forgive. Despite the injustice and unfairness, when you live in a state of perpetual forgiveness, it's amazing how you can still be happy and still enjoy your life and still do great things. You can't bury bitterness, hatred, rejection, and not have it leak out. That's too toxic. That poison at some point will contaminate not just your dreams, your attitude, your vision, but it will affect the people around you. The best thing you can do is let go. You have to give it to God. The good news is, it's not too late for you to do something about it. You can let go, forgive the person that hurt you, forgive the parents for what they didn't give you, surrender that dream that didn't work out. Let go of the guilt, the shame, the regret and move into the destiny that God has for you. It's not always easy to forgive. Some pain goes deep. Some have carried that pain for a long time. God will never ask us to do something and not give us the grace to do it. Do yourself a favor. Forgive so that you can be free. Forgive so you can reach your potential. Forgive so you can see the beauty for ashes. You have to give it to God. Trust Him to make it up to you. You will rise higher and experience greater joy and peace in your life when you free yourself from the pain of the past and let it go. What about you? Are you holding on to something that you don't realize is killing you? Is there anger, bitterness, guilt, shame that is draining life out of you? That's taking your joy, your peace, creativity? Today can be a turning point. You can decide to let it go.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joel Osteen: 15 Ways to Live Longer & Healthier #9	24:50	24:50	REC	PA/O/E	02/29/2024	4:30 PM
					02/29/2024	7:30 PM
					03/06/2024	6:30 PM
					03/06/2024	9:30 PM

Joel Osteen 15 Ways to Live Longer & Healthier: Nothing to Prove. Stress greatly affects the quality and length of our life. Too often we're stressed trying to get our worth from what we do, how well we're performing. We live in a proving mode with this need to impress. That proving mode can get exhausting. The problem is we're getting our value from the wrong place. When you're secure in who God made you to be, when you're comfortable with your gifts, content with your looks, happy with your personality, you won't go around competing with others. You know you're one of a kind, a masterpiece made in the image of God. You don't need their applause. Having them validate you isn't going to move you toward your destiny. Having others cheer you on is nice, but if you're getting your worth and value from that, you'll feel devalued and not good enough if they quit giving it. You'll have to work harder, do more to impress them, and stay on that treadmill. You're doing all this work, but not going anywhere; just putting unnecessary stress on your heart and on your body. There's no shortage of unkind chatter these days. With social media, people can express their negative opinions so easily. The only power they have is the power you give them. If you start letting their words get in you, that will poison your spirit. Over time it will change who you are. You'll become defensive, argumentative, angry. That will affect your heart and your health. You have to rise above that. Don't fight a battle that was never yours to fight. Don't let that poison get in your spirit. You have a destiny to fulfill. God has given you the gift of life. Let's make the most of this day. Instead of living offended and upset, it's time to get focused. It's time to tune out all the negative and to run your race with purpose. You have nothing to prove. God says you're already good enough. Be confident in who God made you to be. Get your value from God. Anytime we're trying to prove our worth the root cause is insecurity. Your value should not come from what you do or what you have, but from who you are. It's very freeing when you understand you have nothing to prove. We have to ask, why do I want to do these things? Why do I want to accomplish this dream? Why do I want to get this promotion? If our motives are pure, if our reason is to fulfill our destiny, help more people and accomplish our assignment, then God will bless it. But if it's to keep up with our neighbors, look good in front of our family, impress the people around us, it's going to be a struggle. God's favor is not there for building our ego. It's there to build the kingdom. Rest in who God made you to be. Honor him and fulfill your purpose. When He breathed life into you, he put his blessing on you. You're already loved. You're already qualified. Joel sits down with his wife, Victoria, to discuss some of these strategies that have helped their church, their family and relationships grow stronger and healthier over the years. You have to keep your lamp burning and your light shining to keep yourself healthy, whole, and strong. If your fire goes out, you can't help others. If you're living depleted, drained, running on empty, you're not shining like you could. You have nothing to prove. You don't have to perform better for God to approve you. His approval isn't based on what you did or did not do. It's based on who you are, his child. You're not supposed to live striving, stressed, competing. Get off that treadmill. It's stealing your joy. Rest in who God made you to be. Jesus.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Mental Health</i> Joel Osteen: 15 Ways to Live Longer & Healthier #12	24:50	24:50	REC	PA/O/E	03/08/2024	4:30 PM
					03/27/2024	6:30 PM
					03/27/2024	9:30 PM

Joel Osteen 15 Ways to Live Longer & Healthier: Win the War Within. There's a battle taking place inside each one of us. It's a battle between the flesh and the spirit. The flesh shows out in things such as jealousy, pride, and compromise. Your flesh is the easy way to live. You don't have to be disciplined. You just do whatever you feel like doing. The flesh wants to rule. It wants to have control. In Romans Paul describes the flesh as a dictator. What do dictators do? They make all the decisions for you. The problem is if you keep giving into the flesh your dreams will die, your relationships won't flourish. Your gifts won't come out like they should. What's the problem? You're letting the flesh win the war. There is another option; to walk in the spirit. That means you do what is right when it's hard. How we handle the desires of the flesh can impact the health of our lives. Our health and happiness are often affected by our outlook. You can't control how others will treat you, but you can control how you will respond. Take your control back. Like it or not this battle will never go away. The only way our flesh is going to come off the throne is if we forcefully remove it. That's when you grow. That's when God can trust you with more. Whatever you feed is going to grow. Start starving the bitterness, the jealousy, the bad habits, the compromise, it will get weaker and weaker. That desire may not totally go away, this is when discipline steps in and God's grace shows up. Ask God to help you. Ask for his strength. That force inside of you is greater than any force that's trying to stop you. Invite God into that struggle. Start putting on that new man. Instead of surrendering to the defeat of the dictator of that flesh, you can thank God for empowering you, and overthrow that old man. Joel sits down with his wife, Victoria, to discuss some of these strategies that have helped their church, their family and relationships grow stronger and healthier over the years. There's a prince in you. There's a holy, righteous favored world-changer in you. It's time to walk in your new identity. Put off the old man. Don't let the flesh dictate your life. Let the spirit rule. Honor God with your decisions. The choices you make don't just affect you, they affect your children, even generations to come. God is calling us higher. Whatever you know is holding you back, this is the time to make a change. This is a moment of grace to do what you couldn't do before. Your decision can save your marriage. It can take you to a new level in your career. It can break mediocrity and lead you into abundance. It can move you toward a healthier, happier life and lengthen your days.

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<i>Mental Health</i> Joel Osteen: 15 Ways to Live Longer & Healthier #10	24:50	24:50	REC	PA/O/E	03/13/2024	4:30 PM

Joel Osteen: 15 Ways to Live Longer & Healthier: Don't Rely on People. It's great when people believe in us, cheer us on, make us feel valuable. God uses people to help move us into our destiny. But here's the key. You can't become so dependent on people that you're getting your worth and value from how they treat you. It's easy to become addicted to compliments, encouragement, and to others cheering you on. Now, you rely on them to keep you feeling good about yourself, to always be there to validate you, to make you feel approved. They've become like a drug to you. If they don't keep you fixed and meet your expectations, you get discouraged, feel inferior, work overtime to try to win their approval. The problem is you're trying to get from people what only God can give. Your worth and value doesn't come from another person. Your worth comes from your creator. If you rely on people, you'll be disappointed. People can let you down. Quit relying on people. What they do or don't do doesn't determine your worth. What they give you or don't give you, cannot stop your purpose. God breathed life into you. He crowned you with his favor. Quit waiting for people to approve you and start recognizing that you've already been approved by God. People may not encourage you, but you can encourage yourself with what God says about you. You'll have better relationships if you'll start finding your validation in what God says rather than what people say. If you're always depending on somebody for approval, you'll become needy, a burden, always wanting somebody else to give you validation. It's not only hurting you, but it's unfair to the people God put in your life. They're not responsible for your happiness. You are responsible for your happiness. Learn to receive your value from your heavenly father. When you go to God for it, nobody can take it away. It's dependent on the fact that you're a child of Almighty God, that you know he's already approved you. Shake off that negativity. The person that walked away, who did you wrong, who made hurtful comments. Shake off that disrespect. The only power people have over you is the power that you give them. You can't rely on your spouse, your parents, your coach, your teacher, to build you up, to keep you encouraged. They may mean well. They couldn't love you more, but no person can meet all your needs, only God can. If you're just looking to people to fill your love tank, eventually, you're going to be resentful, bitter, start holding things against them. It'll eventually sour that relationship. Sometimes the reason people don't give us what we need is because they don't have it. Nobody gave it to them. They didn't see it modeled when they were growing up. If they weren't raised by parents who showed affection, who expressed feelings of love and approval, the problem is they don't have it to give. If you're trying to get it from them, you're going to be frustrated. Why don't you let them off the hook and go to God for what they can't give you? Joel sits down with his wife, Victoria, to discuss some of these strategies that have helped their church, their family and relationships grow stronger and healthier over the years. Joel has learned the higher God takes you, the more disapproval, the more opposition, the more critics you'll have. God is going to give you victories where the odds are totally against you. God can do a lot with a little. Quit believing that you don't have what you need to get ahead. The opportunities, the relationships, the support, God will give you everything you need. If you quit putting your trust in people to make a way for you and put your trust in God, you will see victory in your future. God himself promises to never leave you or forsake you. It's time to stop seeing yourself as a victim and in Christ rise up as a victor. Your value comes from your Creator. So rest in that. Rest in the fact that God sees you. He knows you, and he loves you.

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<i>Mental Health</i>						
Joel Osteen: 15 Ways to Live Longer & Healthier #14	24:50	24:50	REC	PA/O/E	03/14/2024	4:30 PM
					03/14/2024	7:30 PM

Joel Osteen 15 Ways to Live Longer & Healthier: Live Cause Driven. You were created to live for something bigger than yourself. Studies show that when you serve others the brain releases neurochemicals, like oxytocin and endorphins. These chemicals promote feelings of happiness, reduce stress, and enhance overall well-being, leading to a healthier, happier life. It's good for us to have goals and dreams, things that we want to accomplish. That's important. But if you're only focused on yourself, you won't reach your highest potential. You were created to help someone else, to be a blessing, to lift the fallen, to encourage those who are down, to fight for those who can't fight for themselves. We all need to find a cause we're passionate about, some way that we can make the world a better place. Maybe volunteer at a women's shelter, mentor young men, do repairs for elderly neighbors. Maybe your cause is to support great organizations, help build a children's home, to fund a ministry, to pay a single mom's rent. The cause may be to break an addiction, so your children don't have to deal with it, to come out of poverty and set a new standard for your family. When you live cause-driven, you'll do things you normally wouldn't do. Get up early. Make sacrifices. Show up when you have other things to do. You're committed to the cause. Your attitude is I'm on a mission. I have an assignment. It's not just about me, somebody needs what I have. Somebody's counting on me. I'm going to be a positive force for good in my neighborhood, in my family, and at my workplace. The reason some people are not happy is they're in-grown. As long as you're only focused on you, you're not going to be productive and fulfilled. Look around for ways to be a blessing. When you give your time, energy, and resources to care for the hurting, to lift those who are disadvantaged, to bring their dreams to pass, you'll see God's favor in new ways. Don't discount the small things you can do for other people. Those small acts of obedience can lead to big blessings. Joel sits down with his wife, Victoria, to discuss some of these strategies that have helped their church, their family and relationships grow stronger and healthier over the years. Being cause-driven will help you to stay determined and stay focused. In those difficult times when you're trying to break the addiction, trying to keep your marriage together, trying to take your family to a new level, you'll be tempted to think it's too hard. It's been too long. This pressure is too much. You have to make the decision that that cause is worth it. When God gives you a cause, he'll give you the grace and the favor to carry it out. Without a cause, it's too easy to give up. Everything Jesus did was for the cause. You were his cause. A cause worth living and dying for.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joel Osteen: 15 Ways to Live Longer & Healthier #15	24:50	24:50	REC	PA/O/E	03/15/2024	4:30 PM

Joel Osteen 15 Ways to Live Longer & Healthier: Take Care of Yourself. It's easy to get so caught up in trying to meet other people's needs and measure up to their expectations that we put ourselves on the back burner. You are God's creation. He has entrusted you with talents and dreams. You are valuable. It's important to take time to get refreshed, to re-energize. You need downtime. You need to do things that help you stay in balance. But when you're mentally run down, emotionally drained, physically worn out, that's not just doing you a disservice, it's doing your family and those around you a disservice. Not only that, it's not healthy. It's causing you to live overwhelmed and stressed. Nobody can make this change to take care of yourself, except you. It's okay to say no. The people who are counting on you to perform, to be there for them may not always know that you're emotionally spent, that you're on your last battery. Only you can gauge that. Your emotional well-being is important to have the endurance you need for the plans God has for you. When you make these adjustments, don't be surprised if you feel guilty. Don't be guilted into doing things that are keeping you out of balance. You need to pull away. You need a moment to recharge. The reason some people are not enjoying life is because their account is overdrawn. They're good at letting other people make withdrawals. They work hard, try to meet expectations, keep everyone happy, but they don't get filled back up. Despite all the needs around you, despite what your children, your spouse, your boss, your friends, are counting on you for, like Jesus, you have to have these times to get alone and recharge your batteries. You'll be amazed at what will happen when you get back in balance and make yourself a priority. Jesus said to love your neighbor as you love yourself. That means you need to love yourself in order to love others. You need to have grace for yourself to have grace for others. You need to take care of yourself so that you can take care of others. So be loving towards yourself. If Jesus knew his limits, he recognized the importance of rest, then we should too. Joel sits down with his wife, Victoria, to discuss some of these strategies that have helped their church, their family and relationships grow stronger and healthier over the years. Sometimes when it comes to being overwhelmed and burned out, it's not other people's expectations that are the problem. It's our own expectations. After all, we think we have the ability, the talent, the anointing, but you also have a physical body. Our physical bodies have limits. On a regular basis, start taking time for you, what replenishes you, for what strengthens your spirit and for what fills you back up. This means you may have to say no to some things. You may have to disappoint a few friends. Say no to too much, no to exhaustion and depletion, no to doing things out of guilt and pressure. I'm not talking about living selfishly, I'm talking about living balanced recognizing that you have to take care of your physical and emotional wellbeing. Yes, be good to others. Be a blessing whenever you can, but also know your limits. It's not heroic to try to meet everyone's expectations and miss your own destiny.

Mental Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joyce Meyer: Enjoying Everyday Life #158104	27:30	27:30	REC	PA/O/E	01/04/2024	3:00 AM
					01/04/2024	5:30 AM
					01/04/2024	10:01 AM

Today on Enjoying Everyday Life: Joyce Meyer shares that she had an incredibly difficult start in life which caused her thinking to be rooted in fear. God intervened in her life and did something amazing. As she studied the Bible her thinking began to change, her mind was renewed, and her attitude changed. What God has done for Joyce he can do for us too.

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Mental Health

Joyce Meyer: Enjoying Everyday Life #158705	27:30	27:30	REC	PA/O/E	02/16/2024	3:00 AM
					02/16/2024	5:30 AM
					02/16/2024	10:01 AM

Today on Enjoying Everyday Life: Joyce Meyer teaches about worry and anxiety. She tells us there is no upside to worrying. Worry is useless, can do a lot of harm, and is a complete waste of time and energy. If the Bible tells us not to do it, then there is a way not to do it. She believes that one of the things that we have to have, if we're not going to worry, is a strong belief in the power of prayer. Keep a record of the prayers that God answers and the things he does for you. The definition of worry is to torment oneself with disturbing thoughts, to feel uneasy, to feel anxious or troubled, to torment with annoyances, cares, and anxieties. Worry is self-torment. God's will for you is peace. Don't do things you don't have peace about. Be peaceful and be thankful. Gratitude can change your life. The best time to stop worrying is when you first begin to worry. The best time to calm down is when you first get upset. The best time to forgive somebody that hurt you is immediately when you start to feel angry about it. The longer you let these negative emotions take root in your soul the harder it's going to be to get rid of them. How do you get rid of worry? You pray and when you pray you believe you're giving God your problem trusting him to do something about it. Be thankful. What do you have to be thankful for today? You have to understand grace to ever have peace because grace is God doing for you, what you cannot do for yourself. Grace is the power of God. It's undeserved favor. We can't have peace unless we understand God's character. God is good all the time. God is faithful. He cannot lie. God is just. He makes wrong things right. God knows and sees your situation. God is love and he loves you. We receive grace only by faith and worry is not faith. Worry is our work trying to do what only God can do. Worry is the fruit of pride. The joy of the Lord is our strength. How do you humble yourself? Cast your care on God. Do your responsibility but cast your care. If there is something you can do, do it. But if there is nothing you can do, God knows what to do. When you've got your biggest problem, go be a blessing to somebody else. Faith prays and after you pray, keep a good confession, stay positive and don't start complaining, don't get discouraged and depressed, stay joyful, don't be resentful of people who don't have a problem, keep any and all commitments you have made, do what you would do if you didn't have a problem, regularly voice your trust in God. What are you saying about God? Be prepared to wait. Worry robs you of your power and the grace that God gives you to live today, because worry always operates in the past or the future. You waste today worrying about yesterday or you waste today worrying about tomorrow. Worry causes illness: ulcers, colon problems, headaches, nervous tension, irritability and even cancer. Worry nullifies prayer. God wants to set you free from worry.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

Takeaways with Kirk Cameron #92	53:29	53:29	REC	PA/O/E	01/08/2024	6:00 PM
					01/08/2024	9:30 PM
					01/29/2024	6:00 PM
					01/29/2024	9:30 PM

Today on Takeaways with Kirk Cameron: Am I living up to my full potential? Do I have things in my life that need to be reset? We're going to dive into these two questions today with professional counselor Debra Fileta and Author and Speaker, John Acuff. We'll discuss reasons why we need to look back before moving into the future and explore the steps to take so that you can guarantee you'll meet your goals. Debra addresses emotional health as an important part of our life and talks about mental habits needing resets and how to do that, when it feels impossible to change. John tells us that when you connect to a real goal that has real honest motives about changing your life, you can't help but want to help other people, and you do it as an act of worship. Whatever you commit to the Lord, that's when it gets to be really delightful.

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

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Health

700 Club CBN NewsWatch #01102024	52:30	3:00	REC	PA/O/E	01/10/2024	12:00 PM
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CBN Medical Reporter Lorie Johnson Reports: The CDC reports the number of Americans suffering from respiratory illness is high or very high in two-thirds of the United States. The spike in cases follows annual trends. Doctors typically see an increase in patients with the common cold, influenza (flu), COVID-19, and Respiratory Syncytial Virus Infection (RSV) after the holidays, because of all the travel and in-person gatherings in close quarters. The high levels of these illnesses will likely continue for weeks. The best way to determine which infection a patient has is through testing, because symptoms often overlap. They include sore throat, cough fever, and body aches. Severe symptoms include difficulty breathing and chest pain. Doctors can prescribe oral medications to treat some viruses. However, it's important to take them as soon as possible after symptoms develop. Conversely, RSV is not treatable with any prescription anti-viral medication. RSV affects mostly older adults and young children. Severe cases are treated with oxygen, IV fluids, and mechanical ventilation. Doctors say caregivers should seek medical attention for a child who isn't drinking enough fluids, has bluish lips or fingernails, or exhibits short, rapid breathing. Fortunately, most RSV cases are mild and can be treated at home. Pediatricians recommend giving children's acetaminophen or ibuprofen for comfort. Dr. Rowland said a warm shower or using a humidifier can help relieve congestion for older children and recommends carefully using a suction tool to help relieve congestion in infants. Doctors say regardless of age or ailment, we can prevent the spread of respiratory viruses by washing our hands often, coughing or sneezing into our arm, rather than into the air or into our hands, and staying home when sick.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Mental Health

700 Club CBN NewsWatch #02142024	52:30	5:00	REC	PA/O/E	02/14/2024	12:00 PM
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CBN Correspondent Wendy Griffith Reports: Nothing predicts happiness in life better than a good marriage – not even a hefty bank account or a great career. So says University of Virginia sociologist and author Dr. Brad Wilcox. And with American happiness at an all-time low, Wilcox is making the case that marriage can even help save civilization. As director of the National Marriage Project, Wilcox wants you to be happy, prosperous, and oh, by the way, save the planet! Wilcox believes the best way to do this is through marriage. In his new book, *"Get Married, Why Americans Must Defy the Elites, Forge Strong Families, and Save Civilization,"* Wilcox explains that many problems have their roots in the anti-family message and policies coming out of Washington, Hollywood, and the media, which is basically: stay single without kids and make lots of money. But how can the institution of marriage save civilization? Wilcox believes the main reason behind that decline is due to fewer Americans tying the knot. He blames two factors: 1. Working-class men are less likely to have full-time employment making them less desirable as marriage partners; 2. And some government programs like Medicaid may pay more if you have kids and don't get married. For those who do choose marriage, Wilcox finds nothing but good news: Married men earn more than their single peers, even compared to those with similar backgrounds; both men and women who get and stay married accumulate greater wealth; married men and women with families are less lonely, less prone to suicide, and report more meaningful lives overall, compared to their single and childless peers, and; husbands and wives who adopt a "we-before-me" approach to marriage, such as sharing a joint checking account, are happier and less divorce prone, compared to those who take a "me-first" approach. Then there is one group happiest of all: Married Couple who attend religious services. And while it's true Christian couples divorce, Wilcox says statistics show couples who truly practice their faith are more likely to stay together as opposed to those who just identify as Christian. Not only are they less likely to get divorced, but Wilcox also maintains that married, Christian couples report the most satisfying sex lives of all married couples. In his book, *"Get Married,"* Wilcox makes the case that marriage is our most important institution.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club CBN NewsWatch #02192024	52:30	3:00	REC	PA/O/E	02/19/2024	12:00 PM

CBN Medical Reporter Lorie Johnson Reports: The next time you see your regular doctor, don't be surprised if, in addition to asking you how your body feels, they also ask about how you're feeling emotionally. That's because more primary care practitioners are now screening for mental health conditions. Cases of anxiety and depression were already at alarming rates before the COVID-19 pandemic, but since then have skyrocketed. The World Health Organization reports the pandemic triggered a 25% increase in anxiety and depression. This increase could be a reason the U.S. Preventive Services Task Force decided recently to recommend primary care providers begin screening patients for anxiety disorders. This follows an earlier recommendation to also screen for possible depression. While the advice isn't mandatory, health providers usually follow USPSTF guidelines. Primary care providers include physicians, physician assistants, and nurse practitioners. Anxiety is a condition in which the patient experiences a disproportionate and constant fear of everyday events, and depression is the persistent feeling of sadness or a lack of interest in everyday activities. Michele Long, a nurse practitioner in Lancaster, Ohio, said too often patients don't pay attention to their own mental health. Since primary care providers are often the first line of defense for a patient's physical needs, they are seen as an important resource for mental health issues, as well. Anxiety screenings usually involve asking the patient to rate the frequency and severity of feelings like nervousness, restlessness, and fear. Depression screenings center on things like sadness, hopelessness, and thoughts of self-harm. Patients might not realize their primary care provider is trained and qualified to diagnose and treat anxiety and depression. While these conditions can occur separately, they often present simultaneously. Primary care providers can refer patients for therapy, prescribe medication, or both. Given the dozens of anti-depressants and anti-anxiety drugs available, finding the right treatment can involve a bit of trial and error. That's why some healthcare professionals use DNA analysis to streamline the process by indicating which medications worked best for other patients with similar genetic profiles.

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700 Club CBN NewsWatch #02222024	52:30	6:00	REC	PA/O/E	02/22/2024	12:00 PM

Health

CBN News Correspondent Charlene Aaron Reports: According to the Centers for Disease Control and Prevention, only eight percent of men in the U.S. seek counseling or therapy. Experts say reasons can vary from societal pressures and fear of vulnerability to shame and religious barriers. Former Green Bay Packer turned mental health therapists Jay Barnett is pushing back against that narrative. For Barnett, playing football became his identity. When his NFL career ended, depression set in, and he tried to take his own life. Like many African American men, Barnett struggled growing up without a father. He also endured abuse at the hands of his stepfather, hiding that pain for years out of fear of appearing weak. Barnett believes that is why so many Black men struggle mentally and emotionally, something recent statistics seem to confirm. While overall U.S. suicide rates have decreased in recent years, numbers are rising in the black community. A 2021 study by the Journal of the American Medical Association (JAMA) found that Black men had a larger increase in suicide attempts than any other racial group. Attempts among Black male adolescents increased by 47 percent from 2013 to 2019. In a 2022 interview, actor, comedian, and gospel singer David Mann also revealed his secret battle with depression. Award-winning Christian singer Anthony Evans also struggled with his mental health after the loss of several loved ones, including his mother. Evans went on to say that stigma in the Black community often prevents men from seeking treatment. As a believer, Evans admits that faith isn't always enough. It's something he wrote about in his book, "When Faith Meets Therapy." Barnett agrees with that sentiment. Barnett now hosts a global initiative called Just Heal Bro, designed to help Black men find strength in vulnerability and healing through education and community. Meanwhile, Evans says seeking professional help is not a sign of weakness but a sign of someone serious about moving forward emotionally and spiritually.

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Mental Health

700 Club CBN NewsWatch #02232024	52:30	5:00	REC	PA/O/E	02/23/2024	12:00 PM
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CBN Correspondent Mark Martin Reports: A church that started in North Carolina is going global with a mission to reach the U.S. military on a worldwide scale. Its goal is to plant a church near every U.S. military base on the planet. From post-traumatic stress to longer and more frequent deployments away from family, it's clear our military men and women need support. And just like how God miraculously supplied food to Israelites in the wilderness, Manna Church is stepping up to provide spiritual and mental nourishment for those who serve our country while stationed around the world. The church pastored by Christopher Fletcher is located near Fort Liberty, one of the Army's largest installations. He says God gave to his father, Michael, a vision of how to reach the military almost a decade ago after the church lost more than 1,100 people to military transfers in just one year. That would entail church plants near 273 bases that Fletcher calls the "Military Highway." Currently, there are 33 expressions of Manna Church near U.S. military bases as shown in a map on a wall in the church. The greatest concentration is in North Carolina and Virginia, but locations are spread out around the country from Florida to Colorado and even overseas. Army Reservist 1st Lt. Todd Capen is a "site pastor" in North Carolina, while Air Force Special Operations veteran Riley Halliday, is a lead pastor in Virginia. Military personnel get their "orders" to move to another location as often as every two years, so having another Manna Church to walk into provides continuity, community, and support. Both Executive Pastor Lt. Col. James Lewis and his wife served in the military and know what it's like to pick up and move multiple times. And that's just one example of what life can be like for a military family. So having the same type of church in different locations is definitely welcomed. CW3 Sabrina Bentley-Thompson, a retired Army veteran, leads Manna's Kids program in Fayetteville. Moving can be especially hard for children, having to make new friends and getting adjusted to new teachers. Familiarity, community, mental and spiritual nourishment – they're all elements of stability that Manna Church provides for military families on a journey full of unknowns.

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Health

700 Club CBN NewsWatch #03062024	52:30	4:00	REC	PA/O/E	03/06/2024	12:00 PM
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CBN Medical Reporter Lorie Johnson Reports: Nationwide, swarms of pre-teen girls are flooding into high-end beauty stores, spending hundreds of dollars on sophisticated makeup and skincare products. These nine-through-twelve-year-olds are called "tweens" because they are in between childhood and the teenage years. And tween social media influencers are leading the way, often demonstrating their complex regimes, using expensive and often unnecessary items like clay masks, eyebrow shapers, and more, that appear to be made for grown-ups. On TikTok, #TweenSkincare garners an estimated 49.5 million views on the social media site. Dermatologist Brooke Jeffy pushes back, regularly posting to TikTok discouraging the trend. Dr. Jeffey says skincare products in particular are often not suited for tweens and warns against using products containing harsh exfoliants and anti-aging ingredients. Dr. Jeffy said using the wrong products can potentially harm a child's skin barrier. Dermatologists say pre-teens should wash their face with a gentle cleanser and use sunscreen, possibly also a light moisturizer, but that's about it. These products can be very reasonably priced at the drug store or discount store. Christian parenting expert Kelly Newcom, founder of Brave Parenting, told CBN News she's concerned about the new trend from a spiritual perspective. She says it's a good thing when tweens learn the value of personal hygiene and looking their best, but that parents need to help their girls learn moderation. She says the first step towards achieving that balance involves limiting the amount of time their child spends on social media. Child psychologist Dr. Carolyn Rubenstein told CBN News she is also concerned about the tween girl trend. Dr. Rubenstein says the pre-teens years are pivotal because that's when kids are easily influenced to adopt values they often hold on to for the rest of their lives. Of course, pre-teen girls have always dabbled with the concept of beauty and what it means to be a woman. However, experts say today's trend is more extreme and potentially harmful, largely because of the influence of social media.

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Health

700 Club CBN NewsWatch #03212024	52:30	3:00	REC	PA/O/E	03/21/2024	12:00 PM
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CBN News Senior Reporter Dale Hurd Reports: It's being called the most ambitious plan in U.S. history to eliminate auto emissions. The EPA (Environmental Protection Agency) is requiring automakers to reduce emissions by over 7 billion metric tons, forcing the car industry to produce more electric vehicles. The goal is for two out of three new car purchases to be electric vehicles in just 8 years. The White House backed off an even harder, earlier push toward electric vehicles because of its unpopularity during this election year. But should the White House and the EPA be telling automakers what kind of cars to sell to consumers? A lot of auto dealers don't think so. EVs made up less than 10 percent of car sales last year, and with unsold inventory of electric cars piling up at dealerships, 5,000 auto dealers sent a letter to the White House in January asking it to 'tap the brakes' on its push toward EVs. Rick Germain, president of Germain Auto Specialists in Columbus, Ohio, says the demand for EVs just isn't there, and won't be for a long time. While the White House claims the reduced emissions will help save the world from global warming, it was the bitter cold this past winter that had some EV owners re-thinking their purchases, because their cars did not have enough battery power to drive as far as advertised. There's also a lack of charging stations in many areas. The EPA claims the move to EVs will improve everyone's health, especially kids, reducing asthma attacks and heart disease. But Diana Furchtgott-Roth, an adjunct professor of economics at George Washington University and director of the Center for Energy Climate and Environment at the Heritage Foundation, says Americans will now hang onto their old gasoline-powered cars longer, and that's not safe. She also accuses the White House of trying to create a market for EVs that just isn't there.

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Immigration

Praise #240229	55:25	55:25	REC	PA/O/E	02/29/2024	5:00 PM
					02/29/2024	6:00 PM
					03/07/2024	12:00 AM

Tonight on Praise: Over 7.2 million migrants have illegally crossed the southwest border since January 2021, a number greater than the population of 36 individual states. The latest data shows the U.S. is adding more than 2 million illegal immigrants a year to its population, most of them entering through the porous southern border. It is not just migrants from South and Central America that are entering the U.S. Some lawmakers have raised concerns that single adults entering from China could pose a national security threat. Chinese nationals have quickly become the fastest growing demographic entering the country illegally. The U.S. border crisis has become a global issue. Department of Homeland Security officials indicate migrants from more than 150 countries have been encountered. When it comes to the border crisis, how do we balance national security with human compassion? Border security and immigration have emerged as important issues going into the presidential election. A recent national survey conducted by prominent pollster Scott Rasmussen indicated that 67% of voters consider the situation at the border to be a crisis, and that 57% of voters believe drug cartels have more control over the southern border than the U.S. government. Central and south American drug cartels are thriving on the border exporting fentanyl into every state with deadly consequences. The border crisis is also a humanitarian crisis involving trafficked children. How can the body of Christ be a solution where government cannot or will not? The good news is there are Christians on the front lines of the border crisis rescuing children from horrific abuse. Join Bobby Schuller and Shawn Bolz as they discuss the pressing matters of our day from a Christian worldview. You'll also hear from special guest, Troy Brewer, Pastor of OpenDoor Church in Burleson, TX to discuss how hope and redemption are shining bright in the darkest of circumstances.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Immigration

Center Point #240105	27:00	12:00	LIVE	PA/O/E	01/05/2024	4:30 PM
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Tonight on CenterPoint: Correspondent Joe Gumm interviews Pastor Allen Jackson, Senior Pastor of World Outreach Church, and Author of "Big Trouble Ahead: A Real Plan for Flourishing in a Time of Fear and Deception" to discuss securing our southern border, balancing compassion and national security, and a Christian perspective on the border crisis.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>	
Immigration	Center Point #240131	27:00	12:00	LIVE	PA/O/E	01/31/2024	4:30 PM
				REC		01/31/2024	7:30 PM

Tonight on CenterPoint: Correspondent Doug McKelway interviews Pastor A.R. Bernard, Senior Pastor of Christian Cultural Center, to discuss the immigration issue, a perspective on the border crisis, an innovative urban village, and balancing compassion and national security.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>	
Immigration	Jay Sekulow Live #735	26:00	26:00	REC	PA/O/E	01/02/2024	10:00 PM
						01/09/2024	10:00 PM

Today on Jay Sekulow Live: Jay Sekulow, Chief Counsel at ACLJ, and Richard A. Grenell, Senior Advisor for National Security and Foreign Policy at ACLJ, discuss our border security and immigration. Abigail Southerland, Senior Litigation Counsel at ACLJ, gives updates on ACLJ cases, and Jeff Ballabon, Senior Counsel for International and Government Affairs at ACLJ, expresses gratitude for Christian support of Jewish people. We also hear from members who support the American Center for Law and Justice (ACLJ) and why they do it.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>	
Immigration	State of the Nation 2024 A TBN Townhall #7161	55:25	55:25	REC	PA/O/E	01/23/2024	5:00 PM
						01/23/2024	6:00 PM
						01/27/2024	10:30 PM
						01/31/2024	12:00 AM

Join Erick Stakelbeck for a TBN Town Hall Special: The State of the Nation 2024. As we move into this new year, do you feel a sense of optimism about where our nation is heading, or do you feel dread when you consider what the next twelve months will bring, including what promises to be a very contentious presidential election? Polls show that more Americans are pessimistic about our country's future now than ever before, and they're concerned that, for their kids and grandkids, the American dream is gone. A growing number of Americans feel that our country is hopelessly divided, from Capitol Hill to social media, to our nation's schools. On one side are those who want to preserve America's Judeo-Christian heritage and the vision of our founders. On the other are those who want to transform America into a secular woke nation that our founders wouldn't even recognize. From rampant crime to wide-open borders, from cancel culture to transgenderism, and a growing hostility to biblical values, our nation is at a crossroads, and all while storms gather in the Middle East, Russia, China, and beyond. So which way will we choose? The 2024 election will likely be a very good indicator. Are America's best days behind her? Has the dye already been cast, or can God use this nation in a mighty way once again, and what role can Christians play in a national revival? Over the next hour Erick is joined by an all-star panel that includes Sage Steele, Kirk Cameron, Pastor Samuel Rodriguez, and Johnnie Moore, to discuss the hot-button issues that will affect all of our lives in 2024.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Immigration</i> 700 Club CBN NewsWatch #03202024	52:30	4:00	REC	PA/O/E	03/20/2024	12:00 PM

CBN News Correspondent Charlene Aaron Reports: A new study from Lifeway found that 91 percent of evangelicals favor immigration legislation that guarantees tighter borders. That same number also supports immigration measures that respect the God-given dignity of every person. The group Women of Welcome is doing that just by approaching the issue from a biblical stance, not a political one. Bri Stensrud, the group's director, told CBN News her initial answer was no. A trip to the U.S.-Mexican border in 2019 changed both her heart and mind. Stensrud believes that other Christian women would likely openly share her sentiments were it not for partisan politics. That possibility turns into reality during Women of Welcome trips to the border. Opportunities to pray for migrants and Border Patrol agents abound with officers seeking prayer for rising suicide rates among their ranks, safety concerns, and help with their families. While their work is not politically motivated, Stensrud admits disappointment that the country's leaders have failed to make progress on the immigration issue. As the nation continues to grapple with the issue, Stensrud says the Bible calls her and others to take the lead.

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