

Digital World Pulse



NFL WEEK 4 PREDICTIONS 2026

SUNDAY SHOWDOWN

14 GAMES • 14 PROJECTED SCORES

OCTOBER 4, 2026

Premium Matchup Guide

SUNDAY, OCTOBER 4, 2026

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COLTS AT COMMANDERS

SUNDAY, OCTOBER 4, 2026 • 9:30 AM ET

Tottenham Hotspur Stadium • London, England

EDITORIAL PREDICTION

Indianapolis gets a cautious edge in London. Washington's Week 3 win shows its resilience, but Jayden Daniels remains week-to-week. The forecast assumes no confirmed return for him and expects the Colts to protect possession in a close finish.

PREDICTED WINNER: COLTS

PROJECTED SCORE

COLTS 24 - COMMANDERS 20

Score estimate, not a result.



TITANS AT RAVENS

— SUNDAY, OCTOBER 4, 2026 • 1:00 PM ET —

M&T Bank Stadium • Baltimore, Maryland

EDITORIAL PREDICTION

Baltimore is the selection at home against winless Tennessee. The projected margin depends on long scoring drives and forcing the visitors into obvious passing situations.

Tennessee can keep it closer by limiting explosive gains and avoiding short fields.

PREDICTED WINNER: RAVENS

PROJECTED SCORE

TITANS 17 - RAVENS 31

Score estimate, not a result.



PATRIOTS AT BILLS

— SUNDAY, OCTOBER 4, 2026 • 1:00 PM ET —

Highmark Stadium • Orchard Park, New York

EDITORIAL PREDICTION

Buffalo's three opening wins support the home selection. New England needs a cleaner response after its loss in Jacksonville. The projection expects the Bills to sustain more scoring drives, with the visitors needing early stops to prevent separation.

— PREDICTED WINNER: BILLS —

— PROJECTED SCORE —

PATRIOTS 16 - BILLS 30

— Score estimate, not a result. —



JETS AT BEARS

— SUNDAY, OCTOBER 4, 2026 • 1:00 PM ET —

Soldier Field • Chicago, Illinois

— EDITORIAL PREDICTION —

Chicago receives a small home-field edge in a provisional forecast. Its Week 3 Monday game is still pending at this guide's cutoff. The call assumes competitive line play and fewer empty possessions; the Jets can reverse it with consistent pressure.

— PREDICTED WINNER: BEARS —

— PROJECTED SCORE —

JETS 20 - BEARS 24

— Score estimate, not a result. —



JAGUARS AT BENGALS

SUNDAY, OCTOBER 4, 2026 • 1:00 PM ET

Paycor Stadium • Cincinnati, Ohio

EDITORIAL PREDICTION

Jacksonville is the narrow road selection after its 35-6 win over New England. Cincinnati has already shown scoring ability and should keep this close. The forecast leans on another disciplined defensive effort and one extra successful red-zone possession.

PREDICTED WINNER: JAGUARS

PROJECTED SCORE

JAGUARS 27 - BENGALS 24

Score estimate, not a result.



COWBOYS AT TEXANS

SUNDAY, OCTOBER 4, 2026 • 1:00 PM ET

Reliant Stadium • Houston, Texas

EDITORIAL PREDICTION

Dallas gets a cautious road selection against a Houston team still seeking its first win. The projection expects a close fourth quarter, with drive finishing deciding the outcome. Houston can overturn the call if its defense creates short-field opportunities.

PREDICTED WINNER: COWBOYS

PROJECTED SCORE

COWBOYS 27 - TEXANS 23

Score estimate, not a result.



CARDINALS AT GIANTS

— SUNDAY, OCTOBER 4, 2026 • 1:00 PM ET —

MetLife Stadium • East Rutherford, New Jersey

— EDITORIAL PREDICTION —

New York receives a narrow home-field edge. Its Week 3 win without Jaxson Dart showed a route to competing through defense and field position. Quarterback availability remains a condition of this early forecast; Arizona can change the game with one explosive drive.

— PREDICTED WINNER: GIANTS —

— PROJECTED SCORE —

CARDINALS 20 - GIANTS 23

— Score estimate, not a result. —



RAMS AT EAGLES

SUNDAY, OCTOBER 4, 2026 • 1:00 PM ET

Lincoln Financial Field • Philadelphia, Pennsylvania

EDITORIAL PREDICTION

Philadelphia gets a modest home-field edge in a provisional forecast. The Eagles' Week 3 Monday game is still pending at the cutoff. The projection expects a close contest, with protection and red-zone execution deciding whether the Rams can steal the finish.

PREDICTED WINNER: EAGLES

PROJECTED SCORE

RAMS 24 - EAGLES 27

Score estimate, not a result.



PACKERS AT BUCCANEERS

SUNDAY, OCTOBER 4, 2026 • 1:00 PM ET

Raymond James Stadium • Tampa, Florida

EDITORIAL PREDICTION

Tampa Bay gets a small home-field edge despite its winless start. Green Bay also needs a response after a difficult opening stretch. This is a low-conviction forecast: the call rests on the hosts finishing one more drive, not on a clear form advantage.

PREDICTED WINNER: BUCCANEERS

PROJECTED SCORE

PACKERS 24 - BUCCANEERS 27

Score estimate, not a result.



DOLPHINS AT VIKINGS

SUNDAY, OCTOBER 4, 2026 • 4:05 PM ET

U.S. Bank Stadium • Minneapolis, Minnesota

EDITORIAL PREDICTION

Minnesota is the home selection against Miami. The projection expects the Vikings to control field position and make the visitors build long drives. Miami's route to a closer finish is early offensive rhythm and fewer stalled possessions before halftime.

PREDICTED WINNER: VIKINGS

PROJECTED SCORE

DOLPHINS 13 - VIKINGS 27

Score estimate, not a result.



CHIEFS AT RAIDERS

SUNDAY, OCTOBER 4, 2026 • 4:25 PM ET

Allegiant Stadium • Las Vegas, Nevada

EDITORIAL PREDICTION

Both teams have opened unbeaten, making this a compelling divisional test. Kansas City is the narrow editorial choice, but Las Vegas has earned a close projection. The deciding sequence could be one third-down conversion followed by a late scoring drive.

PREDICTED WINNER: CHIEFS

PROJECTED SCORE

CHIEFS 27 - RAIDERS 24

Score estimate, not a result.



CHARGERS AT SEAHAWKS

SUNDAY, OCTOBER 4, 2026 • 4:25 PM ET

Lumen Field Seattle, Washington

EDITORIAL PREDICTION

Seattle gets the home selection after its setback in Washington. The forecast expects a response built on ball security and sustained possessions. The Chargers can challenge it by protecting their passer and turning early opportunities into touchdowns rather than stalled drives.

PREDICTED WINNER: SEAHAWKS

PROJECTED SCORE

CHARGERS 20 - SEAHAWKS 27

Score estimate, not a result.



BRONCOS AT 49ERS

SUNDAY, OCTOBER 4, 2026 • 4:25 PM ET

Levi's Stadium • Santa Clara, California

EDITORIAL PREDICTION

San Francisco is the home selection after a strong opening stretch. Denver can keep the margin tight by controlling possession and limiting long gains. The forecast expects the hosts to create the decisive separation through efficient drives rather than a runaway finish.

PREDICTED WINNER: 49ERS

PROJECTED SCORE

BRONCOS 20 - 49ERS 27

Score estimate, not a result.



LIONS AT PANTHERS

SUNDAY, OCTOBER 4, 2026 • 8:20 PM ET

Bank of America Stadium • Charlotte, North Carolina

EDITORIAL PREDICTION

Detroit gets a narrow road selection in the Sunday night finale. Carolina's home setting and scoring potential keep the projection close. The call assumes the Lions finish their best drives, while the Panthers remain capable of changing the outcome with a late possession.

PREDICTED WINNER: LIONS

PROJECTED SCORE

LIONS 31 - PANTHERS 27

Score estimate, not a result.

SUNDAY SCHEDULE

OCTOBER 4, 2026 • ALL TIMES EASTERN

9:30 AM • LONDON

Colts at Commanders

1:00 PM • EIGHT GAMES

Titans at Ravens • Patriots at Bills

Jets at Bears • Jaguars at Bengals

Cowboys at Texans • Cardinals at Giants

Rams at Eagles • Packers at Buccaneers

4:05 PM

Dolphins at Vikings

4:25 PM • THREE GAMES

Chiefs at Raiders • Chargers at Seahawks

Broncos at 49ers

8:20 PM • SUNDAY NIGHT

Lions at Panthers

14 Sunday games. Schedule checked September 28, 2026.

ET = U.S. Eastern Time. Kickoffs may change.





THREE KEY BATTLES

WHAT COULD CHANGE THE PROJECTIONS

CHIEFS AT RAIDERS

Third-down control

Watch whether either offense can extend drives without taking unnecessary risks. In a close forecast, one sustained late possession could decide the game.

JAGUARS AT BENGALS

Pressure versus protection

Can Cincinnati keep its passing game on schedule? Jacksonville's path to a road win depends on creating difficult downs without exposing the secondary.

LIONS AT PANTHERS

Finish in the red zone

Both sides need touchdowns from their best opportunities. Carolina can overturn the projection if Detroit leaves points behind on long drives.

PROJECTED SCORE SUMMARY

— 14 EDITORIAL FORECASTS • OCTOBER 4, 2026 —

Colts **24** - Commanders **20**

Titans **17** - Ravens **31**

Patriots **16** - Bills **30**

Jets **20** - Bears **24**

Jaguars **27** - Bengals **24**

Cowboys **27** - Texans **23**

Cardinals **20** - Giants **23**

Rams **24** - Eagles **27**

Packers **24** - Buccaneers **27**

Dolphins **13** - Vikings **27**

Chiefs **27** - Raiders **24**

Chargers **20** - Seahawks **27**

Broncos **20** - 49ers **27**

Lions **31** - Panthers **27**

— All scores are estimates, not results. —

Jets-Bears and Rams-Eagles remain provisional before Week 3 Monday night.



DISCLAIMER

For information and entertainment only.

This independent guide covers all 14 games on the NFL's U.S. Sunday schedule for October 4, 2026. Thursday and Monday games are outside this edition.

Predicted winners and projected scores are editorial estimates, not results or guarantees. They use a qualitative assessment of recent results, venue context and known availability, not a calibrated statistical model.

Information checked September 28, 2026, before the Week 3 Monday night game. Chicago and Philadelphia forecasts are provisional. Later injury reports and roster changes may alter the outlook.

Times are U.S. Eastern Time. Dates, kickoff times and venues may change.

Sources: NFL schedule and standings; official team schedules and reports; ESPN Week 3 reporting.

nfl.com/schedules • nfl.com/standings

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