

2026 NFL Week 4 Pick'em Sheet

Spreads, Totals & Moneylines • October 1-5, 2026

Lines updated September 29, 2026. Home team listed second; spread names the favorite.

DATE	MATCHUP (AWAY AT HOME)	SPREAD	O/U	ML (A/H)	MY PICK
Thu Oct 1	Pittsburgh Steelers at Cleveland Browns	Steelers -2.5	38.5	-145 / +125	
Sun Oct 4	Indianapolis Colts at Washington Commanders	Colts -3.5	47.0	-185 / +160	
Sun Oct 4	Arizona Cardinals at New York Giants	Cardinals -1.5	44.5	-115 / -105	
Sun Oct 4	Dallas Cowboys at Houston Texans	Texans -2.5	48.0	+120 / -140	
Sun Oct 4	Green Bay Packers at Tampa Bay Buccaneers	Packers -4.5	39.5	-185 / +160	
Sun Oct 4	Jacksonville Jaguars at Cincinnati Bengals	Bengals -2.5	52.0	+120 / -140	
Sun Oct 4	Los Angeles Rams at Philadelphia Eagles	Rams -2.5	44.5	-155 / +135	
Sun Oct 4	New England Patriots at Buffalo Bills	Bills -6.5	48.5	+245 / -300	
Sun Oct 4	New York Jets at Chicago Bears	Bears -3.5	43.0	+150 / -170	
Sun Oct 4	Tennessee Titans at Baltimore Ravens	Ravens -11.5	43.5	+490 / -670	
Sun Oct 4	Miami Dolphins at Minnesota Vikings	Vikings -11.5	38.5	+475 / -650	
Sun Oct 4	Denver Broncos at San Francisco 49ers	49ers -2.5	46.5	+130 / -150	
Sun Oct 4	Kansas City Chiefs at Las Vegas Raiders	Chiefs -4.5	48.0	-210 / +180	
Sun Oct 4	Los Angeles Chargers at Seattle Seahawks	Seahawks -7.5	42.5	+265 / -330	
Sun Oct 4	Detroit Lions at Carolina Panthers	Lions -3.5	50.0	-190 / +165	
Mon Oct 5	Atlanta Falcons at New Orleans Saints	Saints -2.5	48.5	+130 / -150	

On bye: None

Tiebreaker: total combined points in the Monday night game, Atlanta Falcons at New Orleans Saints.

For entertainment only. Must be 21+ and physically present where sports betting is legal. Problem gambling? Call 1-800-GAMBLER.