



“Teacher, which is the greatest commandment in the Law?”

Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it:

‘Love your neighbor as yourself.’”

– Matthew 22:36–39

- CANADA**
Capital: Ottawa / Population: 38.01 million
- UNITED STATES**
Capital: Washington, D.C. / Population: 329.5 million
- MEXICO**
Capital: Mexico City / Population: 128.9 million
- GUATEMALA**
Capital: Guatemala City / Population: 16.86 million
- BELIZE**
Capital: Belmopan / Population: 397,600
- EL SALVADOR**
Capital: San Salvador / Population: 6.486 million
- HONDURAS**
Capital: Tegucigalpa / Population: 9.905 million
- NICARAGUA**
Capital: Managua / Population: 6.625 million
- COSTA RICA**
Capital: San José / Population: 5.094 million
- PANAMA**
Capital: Panama City / Population: 4.315 million
- BERMUDA**
Capital: Hamilton / Population: 63,900
- BAHAMAS**
Capital: Nassau / Population: 393,200
- CUBA**
Capital: Havana / Population: 11.33 million
- TURKS & CAICOS ISLANDS**
Capital: Cockburn Town / Population: 38,700
- CAYMAN ISLANDS**
Capital: George Town / Population: 65,700
- JAMAICA**
Capital: Kingston / Population: 2.961 million
- HAITI**
Capital: Port-au-Prince / Population: 11.4 million
- DOMINICAN REPUBLIC**
Capital: Santo Domingo / Population: 10.85 million
- PUERTO RICO**
Capital: San Juan / Population: 3.194 million
- VIRGIN ISLANDS (U.K.)**
Capital: Road Town / Population: 30,200
- VIRGIN ISLANDS (U.S.)**
Capital: Charlotte Amalie / Population: 106,300
- ST. MARTIN (FRENCH PART)**
Capital: Marigot / Population: 38,700
- SINT MAARTEN (DUTCH PART)**
Capital: Philipsburg / Population: 40,800
- ST. KITTS AND NEVIS**
Capital: Basseterre / Population: 53,200
- ANTIGUA & BARBUDA**
Capital: Saint John's / Population: 97,900
- DOMINICA**
Capital: Roseau / Population: 72,000
- ST. LUCIA**
Capital: Castries / Population: 183,600
- ST. VINCENT & THE GRENADINES**
Capital: Kingstown / Population: 110,900
- BARBADOS**
Capital: Bridgetown / Population: 287,400
- GRENADA**
Capital: Saint George's / Population: 112,500
- TRINIDAD & TOBAGO**
Capital: Port of Spain / Population: 1.399 million
- ARUBA**
Capital: Oranjestad / Population: 106,800
- CURAÇAO**
Capital: Willemstad / Population: 155,000
- COLOMBIA**
Capital: Bogotá / Population: 50.88 million
- VENEZUELA**
Capital: Caracas / Population: 28.44 million
- GUYANA**
Capital: Georgetown / Population: 786,600
- SURINAME**
Capital: Paramaribo / Population: 586,600
- FRENCH GUIANA**
Capital: Cayenne / Population: 294,100
- ECUADOR**
Capital: Quito / Population: 17.64 million
- PERU**
Capital: Lima / Population: 32.97 million
- BRAZIL**
Capital: Brasília / Population: 212.6 million
- BOLIVIA**
Capital: Sucre / Population: 11.67 million
- CHILE**
Capital: Santiago / Population: 19.12 million
- PARAGUAY**
Capital: Asunción / Population: 7.133 million
- ARGENTINA**
Capital: Buenos Aires / Population: 45.38 million
- URUGUAY**
Capital: Montevideo / Population: 3.474 million

How to use the Prayer Map

You are part of a movement of believers across the Americas who are committing to love their neighbors. In the next seven years, we are praying for 7 million believers to be mobilized into this mission. This map of the Americas will guide you in praying for each nation in North and South America.

Prayer focuses to pray for:

Father, I ask for **open hands** to minister the gospel. (*Proverbs 3:27*)

Father, I ask for **open doors** to spread the gospel. (*Colossians 4:2-3*)

Father, I ask for **open minds** to receive the gospel. (*Acts 26:17-18*)

Father, I ask for **open hearts** to embrace the gospel. (*2 Corinthians 4:6*)

Father, I ask for **open heavens** that the gospel will transform nations. (*Isaiah 45:8*)