

<b>AFRICA</b>		
20	Algeria	Algiers 43,400,000
20	Angola	Luanda 31,400,000
20	Benin	Porto-Novo 11,800,000
20	Botswana	Gaborone 2,300,000
20	Burkina Faso	Ouagadougou 20,300,000
20	Burundi	Bujumbura 11,500,000
20	Cameroon	Yaounde 25,900,000
21	Cabo Verde	Cidade de Praia 600,000
21	Central African Repub.	Bangui 4,700,000
21	Chad	N'Djamena 16,400,000
21	Comoros	Moroni 900,000
21	Congo (formerly Zaire)	Brazzaville 5,400,000
21	Congo, Dem. Republic	Kinshasa 86,800,000
21	Côte d'Ivoire	Abidjan 25,500,000
22	Djibouti	Djibouti 1,000,000
22	Egypt	Cairo 99,100,000
22	Equatorial Guinea	Malabo 1,400,000
22	Eritrea	Asmara 3,500,000
22	Ethiopia	Addis Ababa 112,100,000
22	Gabon	Malabo 2,200,000
22	Gambia	Banjul 2,300,000
23	Ghana	Accra 30,300,000
23	Guinea	Conakry 12,200,000
23	Guinea-Bissau	Bissau 1,900,000
23	Kenya	Nairobi 52,600,000
23	Lesotho	Maseru 2,100,000
23	Liberia	Monrovia 4,900,000
23	Libya	Tripoli 6,800,000
24	Madagascar	Antananarivo 27,000,000
24	Malawi	Lilongwe 18,600,000
24	Mali	Bamako 19,700,000
24	Mauritania	Nouakchott 4,500,000
24	Mauritius	Port Louis 1,300,000
24	Mayotte	Mamoudzou 300,000
24	Morocco	Rabat 35,600,000
25	Mozambique	Maputo 30,400,000
25	Namibia	Windhoek 2,500,000
25	Niger	Niamey 23,300,000
25	Nigeria	Abuja 195,900,000
25	Reunion	St. Denis 900,000
25	Rwanda	Kigali 12,600,000
25	Sao Tome & Principe	Sao Tome 200,000
26	Senegal	Dakar 16,300,000
26	Seychelles	Victoria 100,000
26	Sierra Leone	Freetown 7,800,000
26	Somalia	Mogadishu 15,400,000
26	South Africa	Pretoria 58,600,000
26	South Sudan	Juba 11,100,000
26	Sudan	Khartoum 42,800,000

<b>AFRICA, Continued</b>		
26	eSwatini ( Swaizland)	Mbabane 1,100,000
27	Tanzania	Dar-es-Salaam 58,000,000
27	Togo	Lome 8,100,000
27	Tunisia	Tunis 11,700,000
27	Uganda	Kampala 44,300,000
27	Western Sahara	El Aaiun 600,000
27	Zambia	Lusaka 17,900,000
27	Zimbabwe	Harare 14,600,000

<b>AUSTRALIA and OCEANIA</b>		
28	Australia	Canberra 25,300,000
28	Fiji	Suva 900,000
28	French Polynesia	Papeete 300,000
28	Guam	Agana 200,000
28	Kiribati	Tarawa 100,000
28	Marshall Islands	Majuro 100,000
29	Micronesia Fed States	Palikir 100,000
29	Nauru	Yaren District 10,000
29	New Caledonia	Noumea 300,000
29	New Zealand	Wellington 5,000,000
29	Palau	Koror 20,000
30	Papua New Guinea	Port Moresby 8,800,000
30	Samoa	Apia 200,000
30	Solomon Islands	Honiara 700,000
30	Tonga	Nuku'alofa 100,000
30	Tuvalu	Funafuti 10,000
30	Vanuatu	Port-Vila 300,000

Data Source: Population Reference Bureau  
2019 World Population Data Sheet

Pray each day for the people and leaders in the countries with that day's number and cover the entire world in prayer every month. The capital city and the mid-2019 population follow each country name. The total world population in mid-2019 is 7,691,500,000.

Presented by  
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# 2020 World Prayer Guide



*“My house shall be called a house of prayer for all nations.” Mark 11:17*

**NORTH AMERICA**

1 Canada	Ottawa	37,400,000
1 United States of America	Washington, D.C.	329,200,000

**CENTRAL AMERICA**

1 Belize	Belmopan	400,000
1 Costa Rica	San Jose	5,100,000
1 El Salvador	San Salvador	6,500,000
1 Guatemala	Guatemala	17,600,000
1 Honduras	Tegucigalpa	9,700,000
2 Mexico	Mexico City	126,600,000
2 Nicaragua	Managua	6,500,000
2 Panama	Panama City	4,200,000

**CARIBBEAN**

2 Antigua and Barbuda	St. John's	100,000
2 Bahamas	Nassau	400,000
2 Barbados	Bridgetown	300,000
2 Cuba	Havana	11,200,000
3 Curacao	Willemstad	200,000
3 Dominica	Roseau	100,000
3 Dominican Republic	Santo Domingo	10,400,000
3 Grenada	St. George's	100,000
3 Guadeloupe	Basse-Terre	400,000
3 Haiti	Port-au-Prince	11,300,000
3 Jamaica	Kingston	2,800,000
4 Martinique	Fort-de-France	400,000
4 Puerto Rico	San Juan	3,100,000
4 St. Kitts-Nevis	Basseterre	100,000
4 Saint Lucia	Castries	200,000
4 St. Vincent & Grenadines	Kingstown	100,000
4 Trinidad and Tobago	Port-of-Spain	1,400,000

**SOUTH AMERICA**

5 Argentina	Buenos Aires	44,900,000
5 Bolivia	La Paz	11,500,000
5 Brazil	Brasilia	209,300,000
5 Chile	Santiago	18,600,000
5 Colombia	Bogotá	50,400,000
5 Ecuador	Quito	17,300,000
5 French Guiana	Cayenne	300,000
6 Guyana	Georgetown	800,000
6 Paraguay	Asunción	7,200,000
6 Peru	Lima	31,800,000
6 Suriname	Paramaribo	600,000
6 Uruguay	Montevideo	3,500,000
6 Venezuela	Caracas	28,500,000

**EUROPE**

7 Albania	Tirana	2,900,000
7 Andorra	Andorra la Vella	100,000
7 Austria	Vienna	8,900,000
7 Belarus	Minsk	9,500,000
7 Belgium	Brussels	11,500,000
7 Bosnia – Herzegovina	Sarajevo	3,500,000
7 Bulgaria	Sofia	7,000,000
8 Channel Islands	St. Peter Port	200,000
8 Croatia	Zagreb	4,100,000
8 Czechia	Prague	10,700,000
8 Denmark	Copenhagen	5,800,000
8 Estonia	Tallinn	1,300,000
8 Finland	Helsinki	5,500,000
8 France	Paris	64,800,000
8 Germany	Berlin	83,100,000
9 Greece	Athens	11,700,000
9 Hungary	Budapest	9,800,000
9 Iceland	Reykjavik	400,000
9 Ireland	Dublin	4,900,000
9 Italy	Rome	60,300,000
9 Kosovo	Pristina	1,800,000
9 Latvia	Riga	1,900,000
9 Liechtenstein	Vaduz	30,000
10 Lithuania	Vilnius	2,800,000
10 Luxembourg	Luxembourg	600,000
10 Macedonia	Skopje	2,100,000
10 Malta	Valletta	500,000
10 Moldova	Chisinau	3,500,000
10 Monaco	Monaco	40,000
10 Montenegro	Podgorica	600,000
11 Netherlands	Amsterdam	17,300,000
11 Norway	Oslo	5,300,000
11 Poland	Warsaw	38,400,000
11 Portugal	Lisbon	10,300,000
11 Romania	Bucharest	19,400,000
11 Russia	Moscow	146,700,000
11 San Marino	San Marino	30,000
12 Serbia	Belgrade	6,900,000
12 Slovakia	Bratislava	5,500,000
12 Slovenia	Ljubljana	2,100,000
12 Spain	Madrid	47,100,000
12 Sweden	Stockholm	10,300,000
12 Switzerland	Bern	8,600,000
12 Ukraine	Kiev	42,000,000
12 United Kingdom (Eng.)	London	66,800,000

13 Afghanistan	Kabul	38,000,000
13 Armenia	Yerevan	3,000,000
13 Azerbaijan	Baku	10,000,000
13 Bahrain	Manama	1,500,000
13 Bangladesh	Dhaka	163,700,000
13 Bhutan	Thimphu	800,000
13 Brunei	Bandar Seri	400,000
14 Cambodia	Phnom Penh	16,500,000
14 China	Beijing	1,398,000,000
14 Cypress	Nicosia	1,300,000
14 Georgia	Tbilisi	4,000,000
14 India	New Delhi	1,391,900,000
14 Indonesia	Jakarta	268,400,000
14 Iran	Tehran	83,900,000
15 Iraq	Baghdad	39,300,000
15 Israel	Jerusalem	8,500,000
15 Japan	Tokyo	126,200,000
15 Jordan	Amman	10,400,000
15 Kazakhstan	Astana	18,500,000
15 Korea, North	Pyongyang	25,700,000
15 Korea, South	Seoul	51,800,000
16 Kuwait	Kuwait	4,200,000
16 Kyrgyzstan	Bishkek	6,500,000
16 Laos	Vientiane	7,100,000
16 Lebanon	Beirut	6,900,000
16 Malaysia	Kuala Lumpur	32,800,000
16 Maldives	Male	500,000
16 Mongolia	Ulan Bator	3,300,000
17 Myanmar (Burma)	Yangon	54,000,000
17 Nepal	Kathmandu	28,600,000
17 Oman	Muscat	4,700,000
17 Pakistan	Islamabad	216,600,000
17 Palestinian Terr.	Jerusalem	5,000,000
17 Philippines	Manila	108,100,000
17 Qatar	Doha	2,800,000
18 Saudi Arabia	Riyadh	34,200,000
18 Singapore	Singapore City	5,800,000
18 Sri Lanka	Colombo	21,900,000
18 Syria	Damascus	17,100,000
18 Taiwan	Taipei	23,600,000
18 Tajikistan	Dushanbe	9,200,000
18 Thailand	Bangkok	66,400,000
19 Timor-Leste	Dili	1,300,000
19 Turkey	Ankara	82,600,000
19 Turkmenistan	Ashkhabad	5,900,000
19 United Arab Emirates	Abu Dhabi	9,600,000
19 Uzbekistan	Tashkent	33,500,000
19 Vietnam	Hanoi	95,700,000
19 Yemen	Sana'a	29,200,000

