There are 600+ cities of a million or more worldwide. They’ve been laid out here to look like a subway map. The colors of the subway lines represent different regions of the world church. The stops, or dots, on each line are the cities of a million or more within each region. Please pray for one city each day and check them off as you go.

REGIONS OF THE ADVENTIST CHURCH
- East-Central Africa Division
- Euro-Asia Division
- Chinese Union Mission
- Inter-European Division
- Inter-American Division
- Israel Field
- M&amp;E. East-N. Africa Union Mission
- North American Division
- Northern Asia-Pacific Division
- South American Division
- S. Africa-Indian Ocean Division
- South Pacific Division
- Southern Asia-Pacific Division
- Southern Asia Division
- Trans-European Division
- West-Central Africa Division

LEGEND
- Cities with 1,000,000+
- Cities with 10,000,000+
- Cities with 20,000,000+
- Cities with 30,000,000+
- Cities with 40,000,000+
- Outside 10/40 Window
- Inside 10/40 Window
- Prayer Focus Cities

The 10/40 Window is a rectangular area on a regular world map, from 10 degrees north latitude to 40 degrees north latitude, stretching across northern Africa, the Middle East, and Asia. This is the area where the greatest number of people remain unreached by the gospel. Let us especially pray for God’s blessing on the cities and people of the 10/40 Window.

MissionToTheCities.org
AdventistMission.org

Please share a story of you, your church or your school praying for the cities! Send a picture of you with your completed map! Contact us at missiontothecities@adventistmission.org

This map is based on data compiled by Thomas Brinkhoff (citypopulation.de) and other sources. The data sheet lists names of agglomerations, so smaller cities on the periphery of larger cities are absorbed into the total population of the larger cities, even in cases where the smaller city has a somewhat larger population. For the map, Brinkhoff’s data for (10/40 Window) agglomerations represent more than 300,000 of the city’s total population. (c) 2022 General Conference of Seventh-day Adventists.

Scan here to find ways to pray for the cities!