The 1 a.m. Handoff

For Christian business leaders: give God the business problem that wakes you, and take one step on it in the morning.

For years I'd wake up at 1 or 2 in the morning and work the problem in my head for three or four hours. I was putting in 70 to 80 hours a week, and I thought that was what dedication looked like. Looking back, most of it was fear: constant fear and anxiety, 24/7, 365, and such a need to control everything and make sure it was all going to be okay.

Why working it at 1 a.m. doesn't help

Working hard and carrying the load is how most of us learned to be faithful, so lying awake over a business problem can feel like taking it seriously. But at 1 a.m. there's nobody to call and nothing to send, so all you can really do is turn it over and over. More effort can't close the gap underneath it: you believe God is in control of the whole world, but at 1 a.m. you're running the business like it all depends on you.

The handoff

This is what I do now when a problem wakes me up.

1. **Give it to God.**
   I pray the problem over and hand it to Him, instead of starting to work it.

2. **Go back to sleep.**
   If it comes back, I hand it to Him again, as often as it comes back, until I fall asleep.

3. **In the morning, ask what to do next.**
   Before I start on anything else, I ask God what to do next about it, and I take that one step.

You still do the work

The handoff doesn't make the problem disappear. You still deal with it in the morning, but you stop carrying the outcome alone, and the problem goes to Jesus instead of going to bed with you.

I can't promise you'll sleep through every night, either. These days I sleep 8 to 9 hours a night, and when a problem does wake me, those three steps are what I do. And none of that waited until I had my own business; it started while I was working for someone else, years before Fieldway existed.

Try it this week

The next time a business problem wakes you, try the handoff instead of working it, and take the one step first thing in the morning. If you try it, I'd love to hear how the morning went. Message me on Instagram or reply to the Friday email; I read every reply.

The Groundwork email.
One email every Friday morning about doing the actual work as someone who believes God really is in control.

Get the Friday email → fieldway.org/groundwork/subscribe

April and I also coach Christian business leaders one-to-one, on the real problem in front of them, with faith in Christ as the foundation. It's all at fieldway.org/groundwork, and there's no deadline on it.

Groundwork is coaching, not therapy or a crisis service. If what keeps you up is more than a work problem, please talk to someone. In the US you can call or text 988, any time.