

FALLAHU KHAIRUN HAFIZAN

WAHUWA ARHAMAR RAHEEMEN — SURAH YUSUF, AYAT 64

فَاللَّهُ خَيْرٌ حَافِظًا — عربی، انگریزی، اردو اور ہندی ترجمے کے ساتھ

SURAH 12 • MAKKI • AYAT 64 OF 111 • JUZ 13 • MUSHAF PAGE 243

QUICK ANSWER

- Fallahu khairun hafizan wahuwa arhamar rahemeen means “But [only] Allah is the best Protector, and He is the Most Merciful of the merciful.” It is the closing line of Surah Yusuf, ayat 64 (Quran 12:64).
- The words were spoken by Prophet Yaqub (peace be upon him) as he agreed, with a heavy heart, to send his young son Binyamin to Egypt — taking every precaution, then handing his son to Allah's protection.
- No fixed count, timing or blowing ritual is prescribed for this verse in the Quran or authentic Sunnah. Recite it with its meaning, at any time.

THE VERSE — ARABIC, TRANSLITERATION, ENGLISH, URDU & HINDI

فَاللَّهُ خَيْرٌ حَافِظًا وَهُوَ أَرْحَمُ الرَّاحِمِينَ

Fallahu khairun hafizan wahuwa arhamar rahemeen

“Allah is the best Protector, and He is the Most Merciful of the merciful.”

قَالَ هَلْ آمَنْتُمْ عَلَيْهِ إِلَّا كَمَا آمَنْتُمْ عَلَىٰ أَخِيهِ مِنْ قَبْلُ ۖ قَالَ اللَّهُ خَيْرٌ حَافِظًا وَهُوَ أَرْحَمُ الرَّاحِمِينَ

He wondered, “Should I trust you with him as I once trusted you with his brother [Joseph]? But [only] Allah is the best Protector, and He is the Most Merciful of the merciful.” (English: Dr. Mustafa Khattab, The Clear Quran)

انہوں نے کہا کہ میں اس کے بارے میں تمہارا اعتبار نہیں کرتا۔ مگر ہاں جیسا اس کے بھائی کے بارے میں کیا تھا۔ سو خدا ہی بہتر نگہبان ہے اور وہ سب سے زیادہ رحم کرنے والا ہے

یا قُوب نے کہا : کیا میں اس کے بارے میں تمہارے جیسا ہی ایمان کر لوں، جیسا کہ میں اس کے بھائی کے بارے میں تمہارے ایمان کر چکا ہوں؟ اللہ ہی بہتر سرکشان کرنے والا ہے اور وہ سب دیا کرنے والوں سے اذیک دیا کرنے والا ہے۔

WORD BY WORD — ENGLISH & URDU

ARABIC	TRANSLITERATION	ENGLISH	اردو
قَالَ	Fallahu	So / but Allah	سواللہ
خَيْرٌ	khairun	is the best	بہتر ہے
حَافِظًا	hafizan	Protector, Guardian	نگہبان
وَهُوَ	wahuwa	and He	اور وہ
أَرْحَمُ	arhamar	the Most Merciful	سب سے زیادہ رحم کرنے والا
الرَّاحِمِينَ	rahemeen	of those who show mercy	رحم کرنے والوں میں

THE YAQUB HANDOVER — THE DOORWAY CHECKLIST

Yaqub did not choose between effort and trust; he did both, in this order. Use the same three steps whenever someone you love walks out of your sight.

- ☐ 1 · Take the means. Lock the door, fit the car seat, keep the medicine schedule, share the location — finish every practical step first.
- ☐ 2 · Say the verse. Once, slowly, with its meaning in your heart: Allah is the best Protector.
- ☐ 3 · Hand over the outcome. “O Allah, I have done my part; the rest is Yours.” Then begin your day without rehearsing the fear.

15-DAY TRACKER

DAY	HANDOVER DONE ✓	WHO OR WHAT I HANDED OVER
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		

HONEST NOTE — READ BEFORE YOU FORWARD

These words are Quran, and reciting them is worship at any time, in any number. But no specific wazifa count (such as 21 times daily), no fixed timing, and no ritual of blowing over children for protection from the evil eye or disease is established for this verse in the Quran or the authentic Sunnah. Videos and posts promising those outcomes go beyond the sources. What the verse itself promises is better: the One guarding your beloved is Allah, the best Protector — and a child's safety still begins with the means: supervision, medicine and care. Dua complements professional care; it never replaces it.

نوٹ: اس آیت کے لیے قرآن و سنت میں کوئی مقررہ تعداد، مخصوص وقت یا بچوں پر پھونک مارنے کا کوئی عمل ثابت نہیں۔ بعض ویڈیوز میں اکیس بار پڑھنے جیسی باتیں کہی جاتی ہیں، ان کی کوئی مستند بنیاد نہیں۔ یہ آیت قرآن ہے، اسے معنی سمجھ کر کسی بھی وقت، جتنی بار چاہیں پڑھ سکتے ہیں۔

QUICK QUESTIONS

WHO SAID “FALLAHU KHAIRUN HAFIZAN” AND WHY?

Prophet Yaqub, when his sons asked to take their younger brother Binyamin to Egypt for grain. Having lost Yusuf years earlier, Yaqub reminded them of that loss, took an oath from them, and then spoke these words (Quran 12:63–64).

HOW MANY TIMES SHOULD I RECITE IT?

There is no prescribed number. Once with presence and meaning is worth more than a counted hundred said on autopilot — and any count you choose for yourself is your own routine, not a Sunnah.

WHEN IS THE BEST TIME TO SAY IT?

Whenever you hand someone over: a child leaving for school, family travelling, a patient going into surgery, or your own journey beginning. The doorway moment is the Yaqub moment.

READ MORE ON CURRENTISLAM.COM

- Full article: [Fallahu Khairun Hafizan — Meaning, Benefits and How to Practise It](#)
 - [Hasbunallahu wa Ni'mal Wakeel](#)
 - [Surah Yusuf Ayat 86 — I Complain Only to Allah](#)
 - [Morning and Evening Azkar](#)
 - [Surah Hashr Last 3 Ayat — Huwallahu Lazi](#)
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Sources & credits: Arabic text of [Quran 12:64](#) with full tashkeel ([Quran.com](#)). English: Dr. Mustafa Khattab, [The Clear Quran](#). Urdu: Fateh Muhammad Jalandhari. Hindi: Maulana Azizul Haque al-Umari — translation texts verified against the [Quran.com](#) API (resources 234 and 122). Arabic and Urdu set in Jameel Noori Nastaleeq. Context of the verse: Tafsir Ibn Kathir on 12:63–64. The word-by-word Urdu glosses and the Urdu honest note are CurrentIslam editorial renderings — have them read once against your own references before public distribution, as noted in the article package. Free to print and share for personal and teaching use with this credit line intact. © CurrentIslam.com