

## Ring Exchange

A Ring Exchange can be a separate part of the ceremony following the Marriage Vows. It can also be included with the vows by adding “With this ring / I thee wed” to the end of most vows in the samples. Or you can add “Receive this ring / as a token of my wedded love.” The Bride and Groom can say different words to each other. The Vows and Ring Exchange words do not have to be the same for each.

An introduction to the Marriage Vows can include the ring exchange. **To Groom:** Grm, as you place this ring on Bde’s finger, please repeat after me.” There are also Ring Exchange examples in the Marriage Vows samples.

### One Ring – or No Rings

If only the Bride will receive a ring, see **10.** below. Rings are not required by law – they are traditional. If a couple doesn’t wish to exchange rings, it isn’t necessary.

### Ring Bearer

At most weddings the ring bearer is given a pillow with two fake rings. If the ring bearer is old enough, you may want to have the real rings on the pillow. The Best Man and Maid of Honor can take the rings from the pillow or the Bride and Groom take the rings from the pillow.

#### 1.

##### Exchange of Rings

The rings you give and receive this day are the symbol of the endless love into which you enter as husband and wife. Such a love has no beginning and no ending, no giver and no receiver, you are each the beginning and the ending, each the giver and the receiver.

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde’s finger, please repeat after me.

I give this ring / in remembrance of this hour. / A symbol that is complete, / beautiful and endless (everlasting).

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm’s finger, please repeat after me.

[Tom@tgarmstrong.com](mailto:Tom@tgarmstrong.com) or [tgarmstrong@comcast.net](mailto:tgarmstrong@comcast.net)  
Home 651-773-4092 / Fax 651-773-4850 / [www.tgarmstrong.com](http://www.tgarmstrong.com)

I give this ring / in remembrance of this hour. / A symbol that is complete, / beautiful and endless(everlasting).

2.

### **Exchange of Rings**

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, please take this ring, place it on Bde's finger, and say to her these words.

With this ring / I wed you Bde, / not only for today, / our wedding day, / so all may see its glow; / but for all our tomorrows, / until death do us part. / Wear it as a sign / of my love for you / and a notice to the world / that you have chosen me / to be your husband.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, please take this ring, place it on Grm's finger, and say to him these words.

With this ring / I wed you Grm, / not only for today, / our wedding day, / so all may see its glow; / but for all our tomorrows, / until death do us part. / Wear it as a sign / of my love for you / and a notice to the world / that you have chosen me / to be your wife.

3.

### **Exchange of Rings**

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

As a sign of my commitment / and the desire of my heart, / I give you this ring. / May it always be a reminder / that I have chosen you / above all other women / and that, from this day forward, / you are my wife.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

As a sign of my commitment / and the desire of my heart, / I give you this ring. / May it always be a reminder / that I have chosen you / above all other men / and that, from this day forward, / you are my husband.

**4. - With this ring / I thee wed.**

### **Exchange of Rings**

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

With this ring, / I thee wed.

**Or**

With this ring / I thee wed, / and offer it as a symbol/ of our everlasting love.

**Or**

With this ring, / I thee wed. / Let it ever be to us / a symbol of our love.

**Or**

With this ring, / I thee wed, / and promise you / my undying love and affection.

**Or**

With this ring, / I thee wed, / and may it always be a symbol / of my eternal love / and faithfulness to you.

**Or**

With this ring, / I thee wed, / and I pledge to you / my loving understanding, / my faithfulness, / and my true devotion.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

With this ring, / I thee wed.

**Or**

[Tom@tgarmstrong.com](mailto:Tom@tgarmstrong.com) or [tgarmstrong@comcast.net](mailto:tgarmstrong@comcast.net)  
Home 651-773-4092 / Fax 651-773-4850 / [www.tgarmstrong.com](http://www.tgarmstrong.com)

With this ring / I thee wed, / and offer it as a symbol/ of our everlasting love.

**Or**

With this ring, / I thee wed. / Let it ever be to us / a symbol of our love.

**Or**

With this ring, / I thee wed, / and promise you / my undying love and affection.

**Or**

With this ring, / I thee wed, / and may it always be a symbol / of my eternal love / and faithfulness to you.

**Or**

With this ring, / I thee wed, / and I pledge to you / my loving understanding, / my faithfulness, / and my true devotion.

**5.**

### **Exchange of Rings**

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

Bde, I give you this ring / as a symbol of my love for you. / Let it remind you always, / as it circles your finger, / of my eternal love, / surrounding you and enfolding you / day and night.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

Grm, I give you this ring / as a symbol of my love for you. / Let it remind you always, / as it circles your finger, / of my eternal love, / surrounding you and enfolding you / day and night.

**6.**

### **Exchange of Rings**

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

Bde, take this ring / as a symbol / of my never-ending love / and devotion.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

Grm, take this ring / as a symbol / of my never-ending love / and devotion.

7. An introduction to the Ring Exchange.

### **Exchange of Rings**

Rings are made precious by our wearing them. They carry our meaning; they say who we are, where we have been, and where we are going. They become us; they reflect us; they are a symbol of our truest essence. Your wedding rings are most special because they say that even in your uniqueness you have chosen to be bonded, to allow the presence of another human being to enhance who you are. Your rings carry the potent double message: We are individuals and yet we belong; we are not alone. As you wear them through time, they will reflect not only who you are but also the union you are making, the fact that through the rest of your lives each of you will be imprinted by the other, yet as yourself remain.

8.

### **Blessing of the Rings**

**To Groom and Bride:** Grm and Bde, what token do you give of the vows you have made?

**Groom and Bride:** This ring.

Bless these rings, O Lord, that the one who gives the ring and the one who wears the ring may abide in Thy peace, and continue in Thy favor, unto their life's end; through Jesus Christ our Lord. Amen.

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

[Tom@tgarmstrong.com](mailto:Tom@tgarmstrong.com) or [tgarmstrong@comcast.net](mailto:tgarmstrong@comcast.net)  
Home 651-773-4092 / Fax 651-773-4850 / [www.tgarmstrong.com](http://www.tgarmstrong.com)

Bde, I give you this ring / as a pledge of the sincerity of my vows.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

Grm, I give you this ring / as a pledge of the sincerity of my vows.

## 9. – From Sample Ceremony #8

### Vows and Exchange of Rings

Grm and Bde, please join hands and give your vows.

*The Bride hands her flowers to the Maid of Honor.*

*The Bride and Groom face each other and hold both hands.*

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

Bde, with this ring / as a symbol / of everlasting and unending love, / and with the help / of God's guidance and blessings, / I take you / to be my beloved wife, / to face all of the joys / and problems of life. / Before God and these witnesses, / I promise to love, / to cherish, / and to honor you / at all times, / as long as we both shall live / and forever.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

Grm, with this ring / as a symbol / of everlasting and unending love, / and with the help / of God's guidance and blessings, / I take you / to be my beloved husband, / to face all of the joys / and problems of life. / Before God and these witnesses, / I promise to love, / to cherish, / and to honor you / at all times, / as long as we both shall live / and forever.

**10. - When only the Bride receives a ring**

If the Bride is not giving a ring, she can say:

**Exchange of Rings**

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

I pledge to you, Bde, / my loving understanding, / my faithfulness / and my true devotion.

**To Bride:** Bde, please give your pledge to Grm.

Grm, I accept your ring / and I pledge to you / my loving understanding, / my faithfulness / and my true devotion.

**11.**

**Exchange of Rings**

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

Bde, I give you this ring / as a constant reminder / of the promises we made this day. / As you wear this ring, / remember always my love / and faithfulness to you.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

Grm, I give you this ring / as a constant reminder / of the promises we made this day. / As you wear this ring, / remember always my love / and faithfulness to you.

12.

### **Exchange of Rings**

*The Best Man hands the Bride's ring to the Groom.*

This wedding band, a perfect circle of precious metal, symbolizes a man's love, his kindness, and his understanding. Grm, as you join together in marriage, entrust your life to Bde's care, that she may be always at your side to partake of all of life's blessings, and may she, in return, offer to you the wisdom of her heart, the secrets of her soul, for your spiritual safekeeping, knowing always that she is encircled by your love.

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

Bde, this ring is a symbol / of my love and commitment.

*The Maid of Honor hands the Groom's ring to the Bride.*

This wedding band, a perfect circle of precious metal, symbolizes a woman's riches, the knowing of her heart, her beauty, her intuition, her deep emotional wisdom. Bde, as you join Grm in marriage, you are offering your spiritual wisdom, that he may be always at your side, the man protected by your love, and may he, in return, offer to you all the sorrows of his heart, the secrets of his soul, for your spiritual safekeeping, knowing always that he is encircled by your love.

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

Grm, this ring is a symbol / of my love and commitment.

13.

### **Exchange of Rings**

From the earliest times, the circle has been a symbol of completeness, a symbol of committed love. An unbroken and never ending circle symbolizes a commitment of love that is never ending. As often as either of you looks at this symbol, I hope that you will be reminded of the commitment to love each other, which you have made today.

*The Best Man hands the Bride's ring to the Groom.*

[Tom@tgarmstrong.com](mailto:Tom@tgarmstrong.com) or [tgarmstrong@comcast.net](mailto:tgarmstrong@comcast.net)  
Home 651-773-4092 / Fax 651-773-4850 / [www.tgarmstrong.com](http://www.tgarmstrong.com)

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

Bde, wear this ring / as a sign of my friendship, / and my love and trust. / You are my love / and my best friend.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

Grm, wear this ring / as a sign of my friendship, / and my love and trust. / You are my love / and my best friend.

**14.**

#### **Exchange of Rings**

This ring, by its shape, is a symbol of the undying love that exists between you. The substance of which it is composed is a symbol of purity, which shall ever characterize your minds and hearts in all your life together.

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

I give you this ring / in token and pledge/ as a symbol / of all that we share/ with my constant faith / and abiding love.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

I give you this ring / in token and pledge/ as a symbol / of all that we share/ with my constant faith / and abiding love.

15.

### **Exchange of Rings - Roses**

What symbols do you bring as a reminder of the promises given and received today?

*The Bride and Groom each remove the rings from the stems of the individual Roses, giving them to the Officiant, who holds them in his hand as he says.*

A circle is the symbol of the Sun, and the Earth, and the universe. It is a symbol of holiness, and of perfection and peace. It is also the symbol of eternity of spiritual truth, love, and life, that which has no beginning and no end. And, in this moment, Bde and Grm choose for it also to be a symbol of unity, but not of possession; of joining, but not of restricting; of encirclement, but not of entrapment. For love cannot be possessed, nor can it be restricted. And the soul can never be entrapped.

**To Bride and Groom:** Now Bde and Grm, please take these rings you wish to give, one to the other, and together repeat after me.

*The Bride and Groom take each other's rings.*

With this ring / I thee wed / I take now the ring you give to me /

*The Bride and Groom exchange rings.*

and place it upon my hand /

*The Bride and Groom place the rings on their hands.*

that all may see and know / of my love for you.

### **16. – An Introduction**

#### **Exchange of Rings**

A circle is the symbol of the sun and the earth and the universe, of wholeness, peace and love. Wedding rings are worn on the third finger of the left hand because of an ancient Greek belief that a vein from that finger goes directly to the heart. These rings mark the beginning of a

long journey filled with wonder, surprises, laughter, tears, celebration, grief and joy. May these rings glow in reflection of the warmth and love that flows through the wearers today.

17.

### **Exchange of Rings**

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

Bde I give you this ring / as a symbol of my love for you. / Let it remind you always, / as if I am holding your hand, / of my love and devotion.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

Grm I give you this ring / as a symbol of my love for you. / Let it remind you always, / as if I am holding your hand, / of my love and devotion.

18.

### **Exchange of Rings**

Your wedding rings are symbols of the vows taken this day. Circles of unending faith and commitment, perfect in form. They represent the beginning of a long journey together filled with wonder, surprises, laughter, tears, celebration, grief, and joy. May these rings seal your vows of marriage to each other.

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** As a symbol of your love to one another, Grm, please place your ring on Bde's finger and repeat after me.

Bde, with this ring, / I thee wed. / I give you this ring / as I give you my love. / It is a symbol of strength / and the trust I hold in you.

*The Matron of Honor hands the Groom's ring to the Bride.*

**To Bride:** As a symbol of your love to one another, Bde, please place your ring on Grm's finger and repeat after me.

Grm, with this ring, / I thee wed. / I give you this ring / as I give you my love. / It is a symbol of strength / and the trust I hold in you.

## **19. – An Introduction**

### **Exchange of Rings**

Rings are an ancient symbol, blessed and simple - a circle, for love that never ends, a circle for arms that embrace; round like the sun, like the eyes. These rings, made from the metals drawn deep from the earth, will remind you that your love is drawn from deep in your hearts. Your rings remind you of the necessity of grounding your love in passion and compassion and the daily giving and forgiving that makes a marriage. These rings, beautifully crafted, will remind you that your marriage must be carefully crafted, as a work of art. May the brightness of these rings remind you that your love, like the sun, is meant to illumine; that your love, like the eye, must see clearly, that your love, like arms that embrace, is a grace upon this world.

## **20. – Introduction from Sample Ceremony #7**

### **Exchange of Rings**

A wedding ring, like a true marriage, commemorates an existing relationship; each has no definable beginning or end. Like the days of your lives, each unfolding into your future a wedding ring, by its circle, celebrates the continuity of life. By this exchange of rings between you, we wish that at the end of your lives you will look at the two rings and be able to say these two things to each other: "Because you have loved me, you have given me faith in myself and, because I have seen the good in you, I have received from you a faith in humanity."

The rings that you have are a symbol of the shared and continually growing love and respect that you have for each other today and in the future as you enter that future as husband and wife.

21.

### **Exchange of Rings**

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

Bde, I give you this ring, / wear it with love and joy. / I choose you to be my wife, / to have and to hold / from this day forward, / for better or for worse, / for richer for poorer, / in sickness and in health, / to love and to cherish / as long as we both shall live.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

Grm, I give you this ring, / wear it with love and joy. / I choose you to be my husband, / to have and to hold / from this day forward, / for better or for worse, / for richer for poorer, / in sickness and in health, / to love and to cherish / as long as we both shall live.

22.

### **Ring Exchange**

*The Best Man hands the Bride's ring to the Groom.*

**To Groom:** Grm, as you place this ring on Bde's finger, please repeat after me.

With this ring, / I take you to be my wife, / knowing in my heart / that you will be my constant friend / and my faithful partner in life.

*The Maid of Honor hands the Groom's ring to the Bride.*

**To Bride:** Bde, as you place this ring on Grm's finger, please repeat after me.

With this ring, / I take you to be my husband, / knowing in my heart / that you will be my  
constant friend / and my faithful partner in life.

[Tom@tgarmstrong.com](mailto:Tom@tgarmstrong.com) or [tgarmstrong@comcast.net](mailto:tgarmstrong@comcast.net)  
Home 651-773-4092 / Fax 651-773-4850 / [www.tgarmstrong.com](http://www.tgarmstrong.com)