**The Ring Exchange:**

It’s the moment in your wedding ceremony where all those promises and dedications you make are symbolized in a physical form. For many couples this is one of the most special moments of the ceremony.

You might be familiar with the “With this ring, I thee wed” or “Take this ring as a symbol of my love” script and think that’s all there is to it. But, like with almost every aspect of your wedding, you’re free to choose your own words for this magical part of the proceedings.

Whether you’re looking for something traditional to say as you exchange rings or you want to make a modern statement, we’ve got plenty of ring exchange wording samples.

**Traditional Ring Exchange Wording**

Traditional ring exchange wording often features words like cherish, devotion, and faith. They’re phrases centered around long-held views on marriage and the symbolism of the wedding ring, and filled with powerful words that evoke emotion. To get you thinking about your own ring exchange wording, here are some traditional promises and phrases for your “I do” moment.

* “I give you this ring as a symbol of my everlasting love for you.”
* “I give you this ring as a sign of our love for and commitment to each other. I promise to support you, care for you, and stand alongside you for all of our days.”
* “I offer you this ring to wear as a symbol of our unbreakable bond. It is a reminder of my eternal faith and unwavering dedication. I will cherish you forever more.”
* “This ring is symbolic of my never-ending commitment, love, and devotion to you.”
* “I give you this ring as a sign of my faithful devotion. I will always love you, cherish you, and honor the vows spoken here today.”
* “This ring is a token of my love. I offer you all that I have, all that I am, and all that I will be.”
* “I give you this ring as a symbol of my faith in our united strength. It shines as brightly as my undying love for you.”
* “This beautifully crafted ring is an outward reminder of our inner unity, a bond which is stronger than any obstacle.”
* “Let this ring always be a reminder of my promises to you and the unwavering bond between us.”
* “Take this ring as a symbol of my vow to you. I’ll be your faithful partner forevermore.”
* “I give you this ring as a sign of my love. With all that I have, I am honored to call you my husband/wife from this moment until forever.”
* “With this ring, I vow to love and honor you from this moment forward.”
* “This ring is a symbol of my eternal love. May our everlasting friendship reign forevermore.”

**Modern Ring Exchange Wording**

If you’re looking for a more simple or modern alternative for your wedding ceremony, there are plenty of less traditional options. The wording of these feels more relaxed, with phrases that explore the nuances of exchanging wedding bands in a fresh way. Here are some of our favorite modern ring exchange wording samples for you to borrow or recreate in your own way.

* “This ring is a token of my love for you. I am yours, today and forever.”
* “I give you this ring as a reminder that we face this world together. We’re an unbreakable team.”
* “I give you this ring as a gift that lasts forever. Know that I’m always with you, behind you, and by your side.”
* “With this ring, we forge a new path on our adventure together. I love you, always, as my best friend.”
* “I give you this ring as a reminder of today and all our hopes and dreams for the future.”
* “This ring is almost as beautiful as your smile. Let’s embark on this new journey together and live life by each other’s side.”
* “You are the love of my life. With this ring, I’m making it official.”
* “I give you this ring as a way of showing just how much I love you. I’m delighted to call you my husband/wife and spend the rest of our days together.”
* “With this ring, you’ll have a reminder close by that you’re always in my heart.”

**Who Goes First in the Ring Exchange?**

Traditionally, the groom will go first when it comes to exchanging rings. That doesn’t have to be the case though. Feel free to choose the order that works best for you as a couple. If one of you is [**more nervous in front of an audience**](https://www.verywellmind.com/social-anxiety-and-walking-down-the-aisle-3024406) than the other, it might help if the more confident partner goes first. As most ring exchange wording stays the same for both partners, you can decide on what you’d both like to say and figure out who speaks first as you get closer to your wedding date.

**What is the Difference Between the Vows and the Ring Exchange?**

With the ring exchange following the vows in most wedding ceremonies, it can be tricky to figure out the differences between the two.

The wedding vows are the promises you and your partner make to each other. It’s where you declare your love and commitment, surrounded by close friends and family. The ring exchange follows. This is when the officiant will ask you to place the ring on your loved one’s finger and recite your chosen words.

Some couples choose to include the ring exchange within their vows, so there’s little distinction between the two moments. Others may choose not to speak at all during the exchanging of rings. It’s up to you how you’d like the ceremony to go.

**Can I Write My Own Words?**

It’s your wedding and a celebration of the love between you and your partner, so absolutely feel free to write your own ring exchange wording. If the two of you are writing your own vows, having personalized ring exchange wording helps the ceremony flow nicely from one moment to the next.

Most ring exchange vows only last for a minute or two each, so there’s no pressure to write something lengthy. Instead, find a way to honor the moment with words that match your personality, style, and sense of humor. And if you don’t want to create your own wording from scratch, you can always personalize one of the traditional or modern examples given here.