

VOWS

The heart of any wedding ceremony is the exchange of vows. This is the moment that truly establishes the sacred covenant, the commitment for life between two people. This is the most important part of the ceremony because you are speaking from your heart, consciously setting the intention for your life together as a married couple.

There are many ways to approach creating vows. You might choose from one of the samples here; mix or match the words below; or use the samples to inspire your own writing. I've also included a template if you need some help writing your own vows. If you decide to write your own vows, remember to:

*make them aspirational; write what you will do, not what you won't.

For example, state, "I will stay by your side" instead of "I will never leave you."

*write in the present tense, not the past tense.

For example, state, "You are kind" instead of "You were kind."

Traditional:

1) In the Name of God, I _____ take you, _____,

to be my wife/husband, to have and to hold from this day forward, for better for worse, for richer for poorer, in sickness and in health, to love and to cherish, until death do us part.

2) I, _____, take you, _____ to be my husband/wife. I promise to be true to you in good times and in bad, in sickness and in health.

I will love you and honor you all the days of my life.

Contemporary:

3) _____ I love you. You are my best friend.

Today I commit my life to our partnership in marriage.

I promise to listen to you, accept, support and encourage you. I promise to share my life and give my best to you as your loving and devoted _____.

4) I take you, ____, today as my partner in life –

to join our lives and hearts together in marriage, to always be open and willing to listen, to spend our days in friendship and love, to support and encourage you in your growth, and to love you for the rest of our lives.

5) _____, I love you. You are my best friend. Today I give myself to you in marriage.
I promise to encourage and inspire you,
to laugh with you,
and to comfort you in times of sorrow and struggle. I promise to love you in good times and in bad, when life seems easy and when it seems hard, when our love is simple, and when it is an effort.

I promise to cherish you, and to always hold you in highest regard These things I give to you today and each day of our life together.

6) I, _____, take you, _____,
just as you are, above all others, to share my life in marriage.

7) _____, I promise to give you my the best of my love, to respect and cherish you and your love,
to be there for you always
as your loving and devoted _____.

8) _____, I take you, my best friend, to be my _____.
I promise to always encourage you and inspire you, and to love you truly.
I vow to cherish you,
to laugh with you and to cry with you,
and to hold you in the highest regard
for all of my days.

9) I promise you _____,
to be your loving and faithful wife/husband . I will share your joys and your sorrows
for as long as we both shall live.

10) _____, I give you all I am
and all I am to become in marriage.
I give you my heart, my faith, my respect, and my love, for all the days of my life.”

11) All that I am and all that I have,
I offer to you, my love, my best friend, in marriage.

12) I, _____, take you, _____, as my companion in life-
To share our days in friendship and love.
To always be open and willing to listen.

To nurture and tend the Divine Light in you and in myself.
To give you the best of myself each day, as your loving and devoted _____, For as long as we both shall live.

13) Today, by the grace of God, I take you as my _____. I vow to dedicate myself
to your physical, emotional, and spiritual well-being, and I promise that wherever our paths lead, I will love, honor, respect, and support you. I will be your most loyal friend
and see you in each moment as the gift of God that you are.

14) My _____, I love you with all of my heart and I promise to give you the best of myself each
and every day as your _____.
I will respect and honor you and I promise to encourage you to develop and share those gifts
that are uniquely yours.

I promise to always listen to you
and to respond with all of the love that I can. And when challenges and conflicts arise,

as they inevitably will,
I promise to believe in you and our love enough to learn and grow through them.
I will hold your dreams as my own.
These vows I make to you today are not just promises, they are privileges.
I am so happy to whole-heartedly commit myself to being your loving and devoted _____
today, tomorrow, and always.

15) _____, I promise to always appreciate you
and all that you are.
I am grateful that you are able to accept my flaws
and I promise to be there to help you overcome your own. I promise to love, respect and
support you
along this journey called life that we will share together.
I know – I belong with you, you belong with me, you're my sweetheart.

16) I, _____, take you, _____,
to be my partner in marriage and in life. I promise to love you and honor you,
to give thanks for you and to serve you with my wit, my strength, my heart.
I promise to stand by you always,
to create with you a living example
of the beauty of a relationship between a married couple. I promise always to listen to you, to
labor with you,
and to encourage you to believe in you
even when you doubt yourself.
I promise to be the mirror of your highest value
for as long as we both shall live.

17) I, ____, take you ____, to be my wife, my partner in life and one true love. I will cherish our
union
and love you more each day
than I did the day before.
I will trust you and respect you,
laugh with you and cry with you,
loving you faithfully through good times and bad.
I give you my hand, my heart, and my love,
from this day forward for as long as we both shall live.

A sample of personally written vows with coaching from Rev. Sue:

18) _____, since the day we met, your support and understanding have been the most wonderful
gifts I have ever received.

You bring such joy into my life and I am grateful for we all do together: spending time with our
children, Sunday drives,
and all those things that make up our daily lives.

And so out of love and happiness for all you are to me,
I take you, _____, today as my partner in life – to join our lives and hearts together,
to always be open and willing to listen,
to spend our days in friendship and love,
to support and encourage you in your growth, and to love you for the rest of our lives.

19) ____, I knew almost immediately after we met
that I wanted to spend the rest of my life with you.
That feeling has only grown stronger every day.
I love you for the person you are and because of the way you make me feel. You inspire me,
challenge me and share so many interests with me.
You love me like no one has ever loved me before.
You truly are my hero, my inspiration, and my strength. I feel so blessed to have you
and I cannot wait to start the rest of our lives together.
Today, I give myself to you, ____, and
ask you to be my husband, my friend, my one true love,
and the father of our children (tall order I know).
Today, I promise to be your lover, companion, and best friend.
Your partner in parenthood, Your ally in conflict,
Your greatest fan and toughest adversary, Your companion in adventure, Your strength in
sorrow, Your accomplice in mischief,
And always your muse. ____, I love you.

20) ____, Ever since the day we met in October at the Topsfield Fair,
when I was an hour late and asked you to meet me at the rock-climbing wall,
that turned out to be an inflatable ice cream cone,
I knew that there was something about us that just made sense.
When you promised to knock down all of the milk bottles to get a second date with me (and a
stuffed monkey FOR me!),
I knew that everything you could promise me
from that day forward would become a reality.
The love that you give me on a daily basis is completely overwhelming.
If I could put into words how you make me feel, I would, but clearly I can't find the synonym for
"amazing, incredible, fabulous and outstanding" all rolled into one.
You are the person I come to with my big problems, little problems, and with the admission
that I don't know how to cook broccoli, and that is why you got it raw in your lunch that one
time.
I can promise to you that this will never happen again,
and I will learn how to do it right.
We get each other, as you so frequently remind me,
and we can basically finish one another's sentences (when I let you).
You listen to me laugh and cry, and I will always do the same for you.
I promise to always accept you just as you are, and not to sound too cliché at a yacht club, but I
will always be your anchor, just as I know you will be mine
in those times when I need to be kept grounded.
I will listen to all that you have to say and respond with as much love as possible. When we
disagree, especially over song lyrics, I promise to believe in you and the strength of our love to
get through difficult times and grow from them –
unless you keep singing the wrong words, then it's going to be a problem.
I love you for all that I know you will bring to this marriage.
I promise to be your partner in everything we will do, which I know is an incredible amount

seeing as we made it through the entire home buying process a mere 11 days before this one. I promise you that no matter what I will always be here for you.

I love you with all that I am and all that I can give for all the days of my life.

21) _____, You are my best friend, my voice of reason, my partner in crime, my sunrise in the morning and my comfort at night.

You give me insight, bring out the best of me, and most importantly, make me a better person.

You are irreplaceable; my treasure, and for that reason I make this vow.

I promise to be true to you in the best of times and in the worst of times, to encourage you, compromise, work towards our dreams, make disappointments small and victories big.

I promise to grow along with you, always express understanding and confidence, embrace the present, share hopes for the future and never brood over the past

I promise to always be your shoulder to cry on, your ear to listen, and your rock when you are weary.

I promise to give you the best of myself, and to ask of you no more than you can give.

I promise to one day be the best father I can be, to be your teammate in parenthood as we go through the journey of life together.

I promise to keep myself open to you and to let trust make us strong, to keep joy in your heart and love in your life.

Hand in hand, these are my vows I make to you, with an open mind and open heart, as I join my life to yours.

(Vow template on next page)

____ (name of spouse),

ever since we first met _____ (when) at _____ (where),

you _____ (touched, dazzled, wowed, moved amazed, etc.) me

with your _____ (beautiful eyes, kind heart, wit, strength, etc.)

You are the most _____ (amazing, incredible, thoughtful, caring etc.) _____

(partner, person, woman, man etc).

Because of you, I am _____
(a better person, more confident, more focused etc).

I love that we _____ (enjoy the Red Sox, share the same
values, want the same things out of life etc).

And so, because of _____ (what you mean to me, how much I love you, all
that our future holds etc)
I promise to _____ (see samples)

_____ (for as long as we both shall live; today, tomorrow, and always;
forever and always etc