FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

| OMB APPROVAL | | | | | | | | |
|--------------------------|-----------|--|--|--|--|--|--|--|
| OMB Number: | 3235-0287 | | | | | | | |
| Estimated average burden | | | | | | | | |
| hours per response: | 0.5 | | | | | | | |

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| 1. Name and Address of Reporting Person* Manhas Rajiv Inder Singh | | | | | | 2. Issuer Name and Ticker or Trading Symbol Kosmos Energy Ltd. [KOS] | | | | | | | | | eck all a | ship of Reporti pplicable) ector | • () | Owner |
|--|--|---|--------------|---------------------------------|--|--|--|--|--|--------|---|---|---------------|---|--|--|--|---|
| (Last) | (Fire | , | (Middle) | | | 3. Date of Earliest Transaction (Month/Day/Year) 06/24/2014 | | | | | | | | | X | ficer (give title low) SVP, Exte | Othe belo ernal Affairs | r (specify w) |
| 8176 PARK LANE, SUITE 500 | | | | | | 4. If Amendment, Date of Original Filed (Month/Day/Year) | | | | | | | | | Individual or Joint/Group Filing (Check Applicable Line) | | | |
| (Street) DALLAS (City) | S TX | | 5231 (ip) | | | | | | | | | | | | X Fo | rm filed by One rm filed by Mor rson | | |
| Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | | | | | | | | | | | |
| 1. Title of Security (Instr. 3) 2. Transact Date (Month/Day | | | | | | ion 2A. Deemed Execution Date, | | | 3. Transaction Code (Instr. 8) 4. Securities Acquired Disposed Of (D) (Instr. and 5) | | | | | | Sec Ben Owr | mount of urities eficially ned owing | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
| | | | | | | | | | Code | v | Amount (A) or (D) | | Price | Rep Trai | orted nsaction(s) tr. 3 and 4) | (111501.4) | (111501. 4) | |
| Common Shares 06/24/2 | | | | | | 2014 | | A | | 43,715 | | A | \$0 (1 | 88,525 | | D | | |
| | Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) | | | | | | | | | | | | | | | | | |
| 1. Title of Derivative Security (Instr. 3) | Title of Conversion Date Execution Date, or Exercise (Month/Day/Year) | | | 4. Transac Code (Ir 8) | saction of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | | | 6. Date Exercisable and Expiration Date (Month/Day/Year) Date Expiration Exercisable Date | | | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) Amoun or Numbe of Title Shares | | ount | 3. Price of Derivativ Security (Instr. 5) | 9. Number derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4) | Ownershi Form: Direct (D) or Indirect (I) (Instr. 4) | Beneficial Ownership | |

Explanation of Responses:

1. These restricted share units were granted under the Issuer's Long Term Incentive Plan (the "Plan") and are scheduled to vest with respect to 25% of the total number of shares on each of June 1 of 2015, 2016, 2017 and 2018, subject to the terms of the Plan and the applicable award agreement issued thereunder.

/s/ Phillip Feiner, as Attorneyin-Fact

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.