FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

| Washington, | D.C. 20549 |
|-------------|------------|
|-------------|------------|

| 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

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

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

| Name and Address of Reporting Person*     Glass Ronald W. |  |       |              |  |         | 2. Issuer Name and Ticker or Trading Symbol Kosmos Energy Ltd. [ KOS ]  |   |  |                     |               |  |        |                 |  | ck all app<br>Direc   | tionship of Reportinç<br>all applicable)<br>Director<br>Officer (give title   |   | 10% O                                     | wner  |
|---|--|-------|--------------|--|---------|---|---|--|---------------------|---------------|--|--------|-----------------|--|---|---|---|---|---|
| (Last)<br>8176 PA   | (Last) (First) (Middle)<br>B176 PARK LANE, SUITE 500   |       |              |  |         |   | 3. Date of Earliest Transaction (Month/Day/Year) 01/31/2023 |  |                     |               |  |        |                 |  |   | below)  |   | Other (spec<br>below)<br>counting Officer |   |
| (Street) DALLAS (City)                                    |  |       | 5231<br>Zip) |  | 4. If # | 4. If Amendment, Date of Original Filed (Month/Day/Year)  |   |  |                     |               |  |        |                 |  | Form  | I or Joint/Group Filing (Check Applicable rm filed by One Reporting Person rm filed by More than One Reporting rson |   |   |   |
|   |  | Table | I - No       | n-Deriva                                   | tive S  | Secu  | rities  | Acq  | uired,              | Dis           | posed of   | , or E | Bene            | ficial                                       | ly Own  | ed  |   |   |   |
| Da  |  |       |              | 2. Transaction<br>Date<br>(Month/Day/Year) |         | Exec<br>if any  | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) |  | Transaction Di      |               | 4. Securities Acquired (A)<br>Disposed Of (D) (Instr. 3,<br>5)                                   |        |                 |  | 5. Amo<br>Securi<br>Benefi<br>Owned<br>Report   | ties<br>cially<br>I Following   | Form:   | : Direct<br>Indirect<br>str. 4)           | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership |
|   |  |       |              |  |         |   | Code  | v  | Amount              | (A) or<br>(D) |  | Price  | Transa          | ction(s)<br>3 and 4)                         |   |   | (Instr. 4)  |   |   |
| Common Stock  |  |       |              | 01/31/2023                                 |         |   |   |  | A                   |               | 30,929(1)  | ) 1    | A               | \$0  | 17  | 76,010  |   | D   |   |
| Common Stock 01/3   |  |       |              | 01/31/2                                    | 2023    |   |   |  | A                   |               | 15,000(2)  | ) 1    | A               | \$ <mark>0</mark>                            | 191,010   |   | D   |   |   |
| Common Stock 01/33  |  |       |              | 01/31/2                                    | 2023    |   |   |  | F                   |               | 17,630 <sup>(3)</sup>  |        | D \$7.93        |  | 173,380   |   | D   |   |   |
|   | Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) |       |              |  |         |   |   |  |                     |               |  |        |                 |  |   |   |   |   |   |
| 1. Title of<br>Derivative<br>Security<br>(Instr. 3)       | tive Conversion Date Execution Date, ity or Exercise (Month/Day/Year) if any   |       |              | 4.<br>Transaction<br>Code (Instr.<br>8)    |         | 5. Number<br>of<br>Derivative<br>Securities<br>Acquired<br>(A) or<br>Disposed<br>of (D)<br>(Instr. 3, 4<br>and 5) |   | 6. Date Exerci<br>Expiration Da<br>(Month/Day/Yo |                     | ite           | 7. Title and<br>Amount of<br>Securities<br>Underlying<br>Derivative<br>Security (In:<br>3 and 4) |        | str.            | Price of<br>erivative<br>ecurity<br>nstr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4) | y C<br>F<br>O<br>(I   | LO.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>I) (Instr. 4) | Beneficial<br>Ownership<br>t (Instr. 4)   |   |
|   |  |       |              |  | Code    | v   | (A)   | (D)  | Date<br>Exercisable |               | Expiration<br>Date   | Title  | or<br>Num<br>of | ber  |   |   |   |   |   |

## 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 one-third of the total number of shares on January 31 of each of 2024, 2025 and 2026, subject to the terms of the Plan and the applicable award agreement issued thereunder.
- 2. Represents shares issued on settlement of restricted share units granted to the reporting person on January 31, 2020 under the Plan based on the target level of achievement of the applicable performance
- 3. These shares were withheld by the Issuer to satisfy the tax withholding requirement arising from the vesting of restricted share units granted to the reporting person under the Plan.

## Remarks:

By: /s/ Josh R. Marion,

02/02/2023

Attorney-in-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.