

SABINE DELAYS PAYMENT DATE FOR CASH DIVIDEND

HOUSTON, Texas – October 15, 2018 —Sabine Oil & Gas Holdings, Inc. (the “Company”), parent company of Sabine Oil & Gas Corporation, today announced that due to administrative delays, including delays in the Company’s transfer agent receiving shareholder payment instructions, the October 15, 2018 payment date for the Company’s previously declared cash dividend of \$20.00 per share will be delayed to November 30, 2018. There will be no change to the October 1, 2018 record date.

Sabine Oil & Gas Corporation is a Houston, Texas based independent oil & natural gas company engaged in the acquisition, development, exploitation and exploration of oil and natural gas properties in the onshore United States. For additional information on Sabine Oil & Gas Corporation, please visit www.sabineoil.com.