

The Sons of God and the Daughters of Men in Genesis 6

Sons of God is a metonym for the godly line of Seth (Adam's third son).
[Metonym: a word that denotes one thing but refers to a related thing;
"Washington is a metonym for the United States government"; "plastic is a metonym for credit card"]

Daughters of men refers to the ungodly line of Cain. Genesis 6 is not saying that the "Sons of God" are demons who had babies with humans...they are fallen spirits. Only the Spirit of God can "overshadow" in such a way as in the conception of Jesus.

Why then do giants result? This fact is what has led to the assumption that something supernatural is going on. But, remember that this is the same period where people are living 900 years. There seem to have been greater extremes possible in a human genome which was only recently damaged by sin's effects. There were giants not because demons impregnated human women. There were giants because this kind of extreme stature was possible at this time.