Midpoint rule:
$$x_{k+1} = x_k + hf(\frac{1}{2}(t_k + t_{k+1}), \frac{1}{2}(x_k + x_{k+1}))$$

Let
$$f(t,x) = \lambda x$$
. Then

$$x_{k+1} = x_k + h \left(\frac{\lambda}{2} \left(x_k + x_{k+1} \right) \right)$$

$$= x_k + \frac{\lambda h}{2} x_k + \frac{\lambda h}{2} x_{k+1}$$

$$\Rightarrow x_{k+1} \left(1 - \frac{\lambda h}{2} \right) = x_k \left(1 + \frac{\lambda h}{2} \right)$$

$$\Rightarrow x_{k+1} = \frac{1 + \frac{\lambda h}{2}}{1 - \frac{\lambda h}{2}}$$

Let
$$f(t,x) = -\lambda x$$
. Then

$$x_{k+1} = x_k - h\left(\frac{\lambda}{2}\left(x_k + x_{k+1}\right)\right)$$

$$= x_k - \frac{\lambda h}{2}x_k - \frac{\lambda h}{2}x_{k+1}$$

$$\Rightarrow x_{k+1}\left(1 + \frac{\lambda h}{2}\right) = x_k\left(1 - \frac{\lambda h}{2}\right)$$

$$\Rightarrow x_{k+1} = \frac{1 - \frac{\lambda h}{2}}{1 + \frac{\lambda h}{2}}$$

$$\Rightarrow$$
 Symbol is $\frac{1-2}{1+2}$